

# Jump Rope

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

1. Circle the club you belonged to at the end of the unit: (1) Red (2) White (3) Blue

2. How many skills did you complete in the club you finished in? \_\_\_\_\_

3. What part(s) of Jump Roping was most challenging for you? Coordination? Rhythm? Fitness level? Explain your answer.

4. As you learned each new skill, did you find it more helpful to (A) read the task card with the steps and instructions written on it or (B) watch someone else do the trick? Or did you prefer to use a combination of both?

5. Did you progress quicker when you practiced each skill as a whole or when you broke it up in smaller parts (looked at the steps, practiced without the rope, slowed down the movements, etc.)? Explain why your answer.







Name \_\_\_\_\_

Period \_\_\_\_\_

## JUMP ROPE SKILL CHALLENGE

<b>RED CLUB</b> <b>*10 Consecutive Jumps/Trick</b>	INITIA L	<b>WHITE CLUB</b> <b>*10 Consecutive Jumps/Trick</b>	INITIA L
<b>TRICKS</b>		<b>TRICKS</b>	
Double Bounce Forward		Single Rope Swing	
Double Bounce Forward Right Foot		Double Rope Swing	
Double Bounce Forward Left Foot		Side Jumps	
Double Bounce Backward		Center Jumps	
Double Bounce Backward Right Foot		Side Straddle	
Double Bounce Backward Left Foot		Forward Straddle	
		Front Kicks	
Single Bounce Forward		Side Kicks	
Single Bounce Forward Right Foot		Heel Exchange	
Single Bounce Forward Left Foot		Toe Exchange	
Single Bounce Backward		Side Steps	
Single Bounce Backward Right Foot		The #45	
Single Bounce Backward Left Foot		The #45 Heel Touch	
		Crossies	
Jog in Place		Crossies Left Foot	
Moving On		X to straddle	
		X to side Step	
		Double Side Steps	
<b>PRESENTATION</b>	Teacher/ T.A	<b>PRESENTATION</b>	Teacher/ T.A
Forward: 4 tricks (4 hops/trick)		Forward: 6 Tricks (4 hops/trick) <i>* Can only use one rope swing trick</i>	
Backward: 4 tricks (4 hops/trick)			
Personal Hot Peppers # _____ in 15'		Personal Hot Peppers # _____ in 15'	
<b>50</b> Consecutive Jumps		<b>100</b> Consecutive Jumps	

<b>BLUE CLUB</b> <b>*10 Consecutive Jumps/Trick</b>	<b>INITIAL</b>
<b>TRICKS</b>	
Crossies Right Foot	
Combo Jumps	
Combo Straddles	
Combo Kicks	
Heel-Toe Exchange	
X to Heel Touch	
Triple Side Step	
Rope Swing 180	
The 90	
<b>BACKWARD TRICKS</b>	
Rope Swings	
Front Kicks	
Heel Exchange	
Side Straddles	
Side Jumps	
Side Steps	
X to Straddle	
The 45	
Crossies	
<b>PRESENTATION</b>	<b>Teacher/T.A.</b>
Backward: 6 Tricks (4 hops/trick)	
Personal Hot Peppers # _____ in 15'	
<b>200</b> Consecutive Jumps	