






Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far a possible down the rope- measure ✓ Repeat and try to go father- 5 jumps 	<ul style="list-style-type: none"> • Squat low • Explode up and forward • Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> • Stay on balls of feet • Try not to touch rope • Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> • Stay on balls of feet • Try not to touch rope • Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> • Stay on balls of feet • Try not to touch rope • Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> • Stay on balls of feet • Try not to touch rope • Do not go too fast 	JUMP TURN JUMP TURN

Level 1- Rope on Ground

Jump Rope Teacher Manual

JE Gale



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