






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

Sabine Zange



Jump Rope Teacher Manual:

Adopting the Beat of Term: An Emotional Symphony within **Jump Rope Teacher Manual**

In some sort of eaten by screens and the ceaseless chatter of immediate connection, the melodic beauty and psychological symphony developed by the written term often disappear into the back ground, eclipsed by the constant noise and distractions that permeate our lives. However, nestled within the pages of **Jump Rope Teacher Manual** a stunning literary value overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts readers on an emotional journey, well unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of this poignant assessment, we can examine the book is key harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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