


freestyle  
Rope Jumping

Level 1-5

Name:			
Level:			
Number of Skills:			
Song Choice (optional)			
Level	Number of Skills	Skill Name	How many times?
Level 1	1		
	2		
	3		
Level 2 & 3	4		
	5		
Level 4 & 5	6		
	7		
Ending Pose:			

Checklist for Levels 3-5	Arm Action	Footwork	Manipulation	Strength/Inversion	Power	Turns/Change Direction
Level 3 requires 3 styles. Level 4-7 require 5 styles.						

# Jump Rope Teacher Manual

**ML Yell**



## **Jump Rope Teacher Manual:**

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