






# Jump Rope Skill Sheets

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

## Level 1- Rope on Ground

# Jump Rope Teacher Manual

**Terry C. Jones**



## **Jump Rope Teacher Manual:**

## Whispering the Strategies of Language: An Emotional Quest through **Jump Rope Teacher Manual**

In a digitally-driven earth where screens reign great and quick connection drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually go unheard. However, situated within the pages of **Jump Rope Teacher Manual** a captivating fictional treasure sporting with fresh emotions, lies an exceptional journey waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of every word. Within the psychological depths of the touching review, we will embark upon a heartfelt exploration of the book's key subjects, dissect its fascinating writing fashion, and fail to the powerful resonance it evokes heavy within the recesses of readers' hearts.

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