Jump Rope Skill Sheets

	omp Rope on		
SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump	 Stand at end of rope Jump as far a possible down the rope- measure Repeat and try to go father- 5 jumps 	 Squat low Explode up and forward Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump	 Stand at end of rope Jump side-to-side (2 feet) down the rope Repeat 10 times 	 Stay on balls of feet Try not to touch rope Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop	 ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	 Stay on balls of feet Try not to touch rope Keep balanced 	HOP HOP
4. Criss-Cross	 Stand at end of rope Jump and cross then uncross legs down the rope Repeat 10 times 	 Stay on balls of feet Try not to touch rope Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. ½ Turn Over	 Stand at end of rope Jump and turn half way around (each jump) down the rope Repeat 10 times 	 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

National Heart Foundation of Australia

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