## SPARK™
### JUMP ROPE SKILLS
#### PERFORMANCE RUBRIC

<table>
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<th>STUDENTS</th>
<th>JUMPING</th>
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<th>TURNING</th>
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|          | • Jumps low.  
          | • Jumps as rope passes nose.  
          | • Jumps one jump per turn.  | • Keeps knees bent.  
          | • Lands on balls of feet.  
          | • Keeps feet together.  | • Grips handles loosely.  
          | • Keeps elbows close to body.  
          | • Turns rope with wrists.  |

**SCALE:**
- 3 Demonstrates all 3 cues all the time with no mistakes.
- 2 Demonstrates 2 cues all the time with no mistakes.
- 1 Demonstrates 1 cue all the time with no mistakes.
- 0 Cannot demonstrate any of the cues.