


GRADES 3-6

 <p>JUMP ROPE SKILLS ★ PERFORMANCE RUBRIC</p>	JUMPING	LANDING	TURNING
	<ul style="list-style-type: none"> • Jumps low. • Jumps as rope passes nose. • Jumps one jump per turn. 	<ul style="list-style-type: none"> • Keeps knees bent. • Lands on balls of feet. • Keeps feet together. 	<ul style="list-style-type: none"> • Grips handles loosely. • Keeps elbows close to body. • Turns rope with wrists.
STUDENTS			

- 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.