

NAME: _____ TEACHER: _____ DATE: _____

DIRECTIONS

- Choose a skill to practice. When you have “mastered the trick” (able to jump 10X without error) check it off your card.
- When all have been checked, you are ready for the Olympic Team!

Individual Tricks	10X in a Row	Partner Tricks	10X in a Row
Jog and Jump		Turner and Jumper	
Double Bounce		Front-to-Front	
Single Bounce		Front-to-Back	
Hop		Back-to-Front	
Forward		Back-to-Back	
Backward		Turn While Jumping	
Straddle		Side-by-Side, Facing Same	
Bell		Side-by-Side, Facing Opposite	
Rocker		2-Rope Exchange, Facing Same	
Hopscotch		2-Rope Exchange, Facing Opposite	
Side Swing		Partner Trick with Tossable	
Skier			
Heel Taps			
Twister			
The X			
Hot Peppers			
Crossovers			
Double Unders			

GRADES 3-6





**JUMP ROPE
★
PERFORMANCE
RUBRIC**

CREATE A ROUTINE

	At least 9 tricks were included.	Skills flowed from one to another.	Skills were performed under control and with good form.	All group members participated and were equally involved.	The routine was creative and fun to watch.	Total Score
STUDENTS						

Scale: 3 Criteria met 2 Criteria mostly met 1 Criteria partially met 0 Criteria not met at all

GRADES 3-6

 JUMP ROPE SKILLS  PERFORMANCE RUBRIC	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.
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.