






# 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 Lesson Plans

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