

# TIPS FOR BETTER JUMP ROPE SKILLS



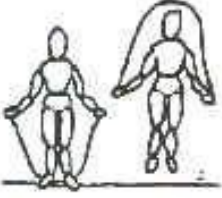
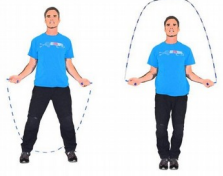

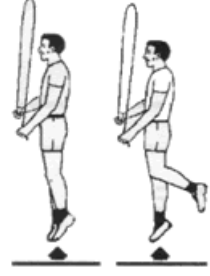

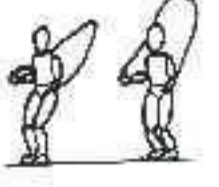
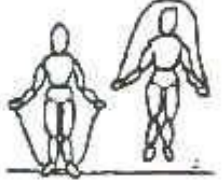

**“HEAD UP”** :Keep body straight, but flexible

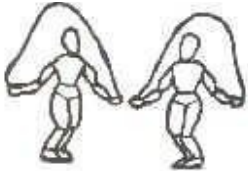
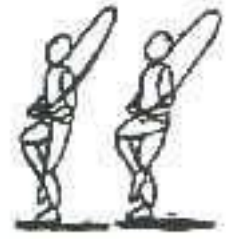


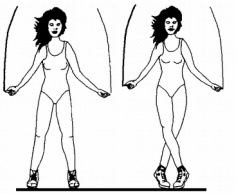

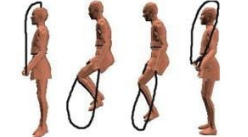
**“SOFT LANDING”**: Land on balls of feet

**“SINGLE BOUNCE”**:  
Maintains rhythmic pattern

For most skills the cues to begin will be: **ONE-TWO-**

**READY-GO**

|                                      |   |   |  |                   |
|--------------------------------------|---|---|--|-------------------|
| <p><b>1. Basic jump forward</b></p>  | <p>Jumping the rope with legs together (5 times)</p>    | <p>Saltar con las piernas juntas y cuerda adelante</p>          |    | <p>0,5 points</p> |
| <p><b>2. Jumping Jacks</b></p>       | <p>open and close your legs (5 times)</p>               | <p>Saltar- abrir piernas, saltar-cerrar piernas (5 times)</p>   |    | <p>0,5 points</p> |
| <p><b>3. Skier</b></p>               | <p>sideward to sideward (5 times)</p>                   | <p>Esquiador/a: a un lado y a otro</p>                          |    | <p>0,5 points</p> |
| <p><b>4. One foot hop</b></p>        | <p>single leg hop (5 times)</p>                         | <p>Saltar a la pata coja</p>                                    |   | <p>0,5 points</p> |
| <p><b>5. Scissors</b></p>            | <p>Alternative foot (5 times)</p>                       | <p>Adelantando un pie y luego el otro</p>                       |  | <p>0,5 points</p> |
| <p><b>6. Bell</b></p>                | <p>Forward and backward (5 times)</p>                   | <p>Con piernas juntas, saltar hacia adelante y hacia atrás.</p> |  | <p>0,5 points</p> |
| <p><b>7. Basic jump backward</b></p> | <p>Jumping the rope with legs together (5 times)</p>    | <p>Saltar con las piernas juntas y cuerda atrás</p>             |  | <p>0,5 points</p> |
| <p><b>8. Heel touches</b></p>        | <p>right heel-together-left heel-together (5 times)</p> | <p>salto-talón dcho., salto-talón izdo.</p>                     |  | <p>0,5 points</p> |

|  |  |  |  |                          |
|--|--|--|--|--------------------------|
| <p><b>9. Hip twist</b></p>                     | <p>Jump and twist<br/>(5 times)</p>                      | <p>Salta y rota tu pelvis<br/>a derecha y a izda.</p>        |    | <p><b>0.5 points</b></p> |
| <p><b>10. Knees up</b></p>                     | <p>keep knees<br/>(5 times)</p>                          | <p>Saltando y elevando<br/>rodillas<br/>alternativamente</p> |    | <p>0,5 points</p>        |
| <p><b>11. Run and Jump (rope forward)</b></p>  | <p>Run and Jump with<br/>rope forward<br/>(5 times)</p>  | <p>Corre con la cuerda<br/>hacia adelante</p>                |    | <p>0,5 points</p>        |
| <p><b>12. Run and Jump (rope backward)</b></p> | <p>Run and Jump with<br/>rope backward<br/>(5 times)</p> | <p>Corre con la cuerda<br/>hacia atrás</p>                   |   | <p>0,5 points</p>        |
| <p><b>13. Cross legs</b></p>                   | <p>Jump and Cross legs<br/>(5 times)</p>                 | <p>Cruza y descruza<br/>piernas</p>                          |  | <p><b>0,5 points</b></p> |
| <p><b>14. Cross over</b></p>                   | <p>Cross-uncross your<br/>arms</p>                       | <p>Cruza y descruza<br/>brazos</p>                           |  | <p><b>0,5 points</b></p> |
| <p><b>15. Double</b></p>                       | <p>Pass the rope twice in<br/>a bounce</p>               | <p>Pasa dos veces la<br/>cuerda en un salto</p>              |  | <p><b>0,5 points</b></p> |

# Jump Rope Task Sheet

Name: \_\_\_\_\_

## Self-assessment of Jump Rope Single Skills

| SINGLES                            | I still need practice at this skill | I am good at this skill | I'm ready to be a star on this skill |
|------------------------------------|-------------------------------------|-------------------------|--------------------------------------|
| 1. Basic jump forward              |                                     |                         |                                      |
| 2. Jumping Jacks                   |                                     |                         |                                      |
| 3. Skier                           |                                     |                         |                                      |
| 4. One foot hop                    |                                     |                         |                                      |
| 5. Scissors                        |                                     |                         |                                      |
| 6. Bell                            |                                     |                         |                                      |
| 7. Basic jump backward             |                                     |                         |                                      |
| 8. Heel touches                    |                                     |                         |                                      |
| 9. Hip twist                       |                                     |                         |                                      |
| 10. Knees up                       |                                     |                         |                                      |
| 11. Run and Jump (rope forward)    |                                     |                         |                                      |
| 12. . Run and Jump (rope backward) |                                     |                         |                                      |
| 13. Cross legs                     |                                     |                         |                                      |
| 14. Cross arms                     |                                     |                         |                                      |
| 15. Double                         |                                     |                         |                                      |
| 16. Partners Jumping               |                                     |                         |                                      |
| 17. Alternative Jumping            |                                     |                         |                                      |
| 18. Jumping together with one rope |                                     |                         |                                      |
| 19. Chinese wheel                  |                                     |                         |                                      |
| 20. ....                           |                                     |                         |                                      |



