

TIPS FOR BETTER JUMP ROPE SKILLS



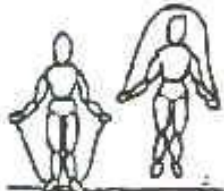
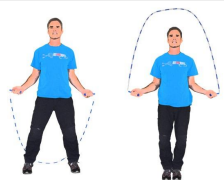
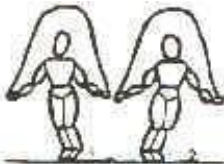
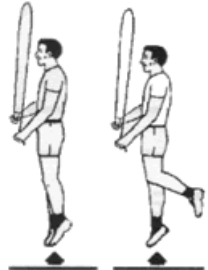

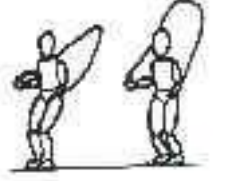
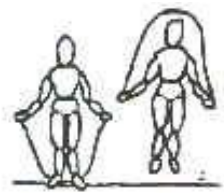
“HEAD UP” :Keep body straight, but flexible

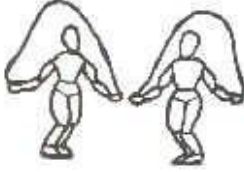
“SOFT LANDING”: Land on balls of feet

“SINGLE BOUNCE”:
Maintains rhythmic pattern

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

Tabla 1

<p>1. Basic jump forward</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>2. Jumping Jacks</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>3. Skier</p>	<p>sideward to sideward (5 times)</p>	<p>Esquiador/a: a un lado y a otro</p>		<p>0,5 points</p>
<p>4. One foot hop</p>	<p>single leg hop (5 times)</p>	<p>Saltar a la pata coja</p>		<p>0,5 points</p>
<p>5. Scissors</p>	<p>Alternative foot (5 times)</p>	<p>Adelantando un pie y luego el otro</p>		<p>0,5 points</p>
<p>6. Bell</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>7. Basic jump backward</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>8. Heel touches</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>9. Hip twist</p>	<p>Jump and twist (5 times)</p>	<p>Salta y rota tu pelvis a derecha y a izda.</p>		<p>0,5 points</p>
<p>10. Knees up</p>	<p>keep knees (5 times)</p>	<p>Saltando y elevando rodillas alternativamente</p>		<p>0,5 points</p>
<p>11. Run and Jump (rope forward)</p>	<p>Run and Jump with rope forward (5 times)</p>	<p>Corre con la cuerda hacia adelante</p>		<p>0,5 points</p>
<p>12. Run and Jump (rope backward)</p>	<p>Run and Jump with rope backward (5 times)</p>	<p>Corre con la cuerda hacia atrás</p>		<p>0,5 points</p>
<p>13. Cross legs</p>	<p>Jump and Cross legs (5 times)</p>	<p>Cruza y descruza piernas</p>		<p>0,5 points</p>
<p>14. Cross over</p>	<p>Cross-uncross your arms</p>	<p>Cruza y descruza brazos</p>		<p>0,5 points</p>
<p>15. Double</p>	<p>Pass the rope twice in a bounce</p>	<p>Pasa dos veces la cuerda en un salto</p>		<p>0,5 points</p>

Jump Rope Task Sheet

Name: _____

Self-assessment of Jump Rope Single Skills

SINGLES	I still need practice at this skill	I'm 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.			

