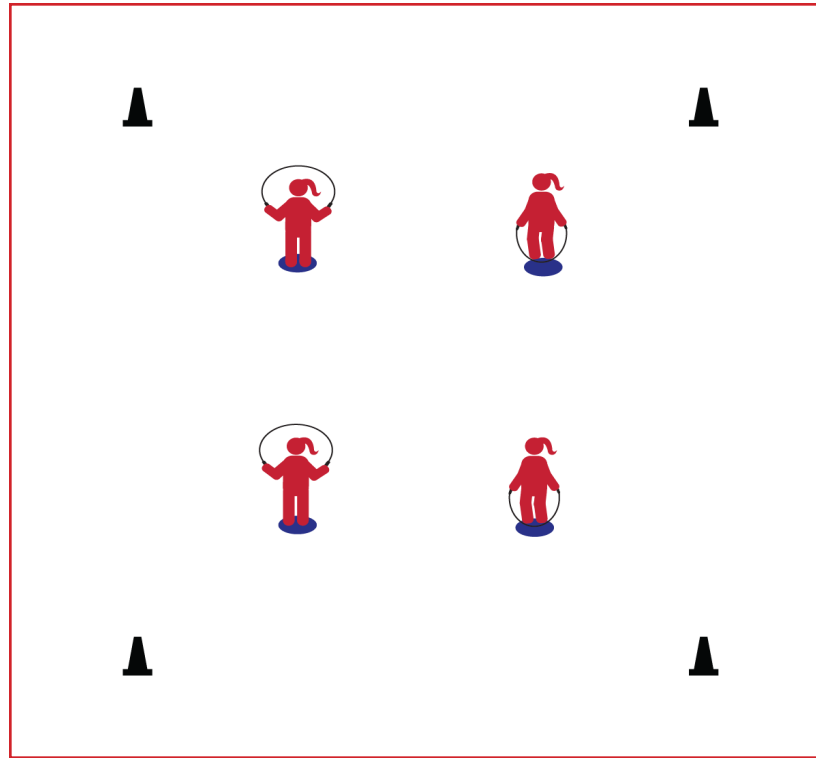


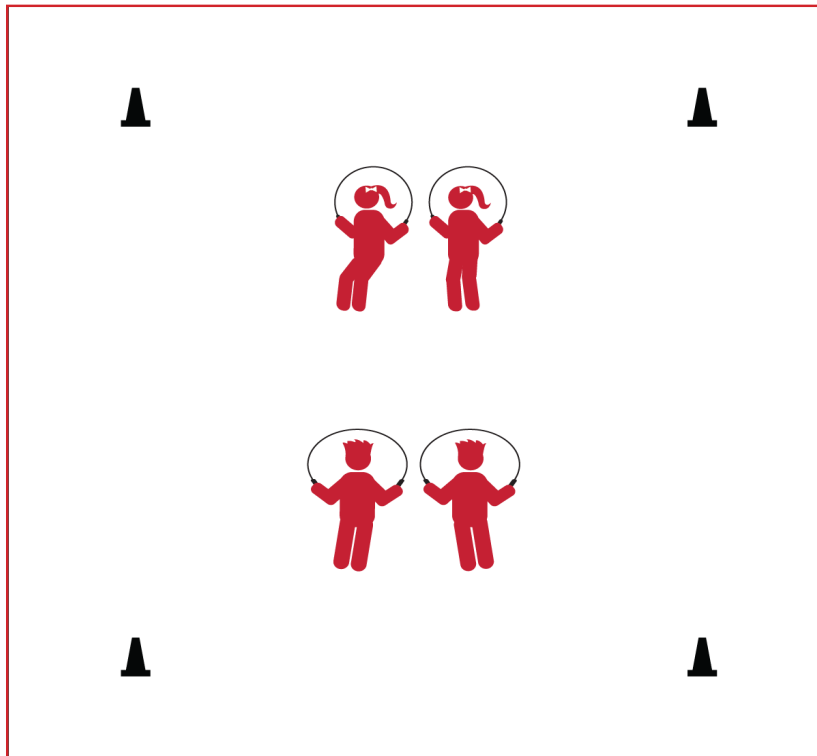
# BASIC ROPE JUMPING



Perform basic jumps while staying on a spot marker.



# CREATIVE MODE ONE



**Choose 1 of 2 jump rope tricks to perform at this station.**

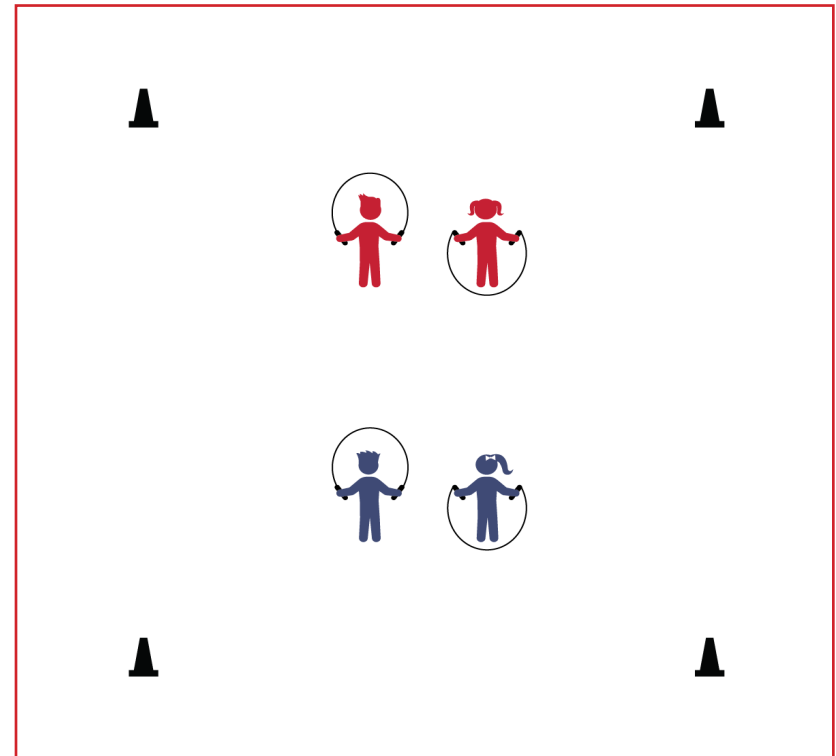
1. Bell Front and Back
2. Ski Jump



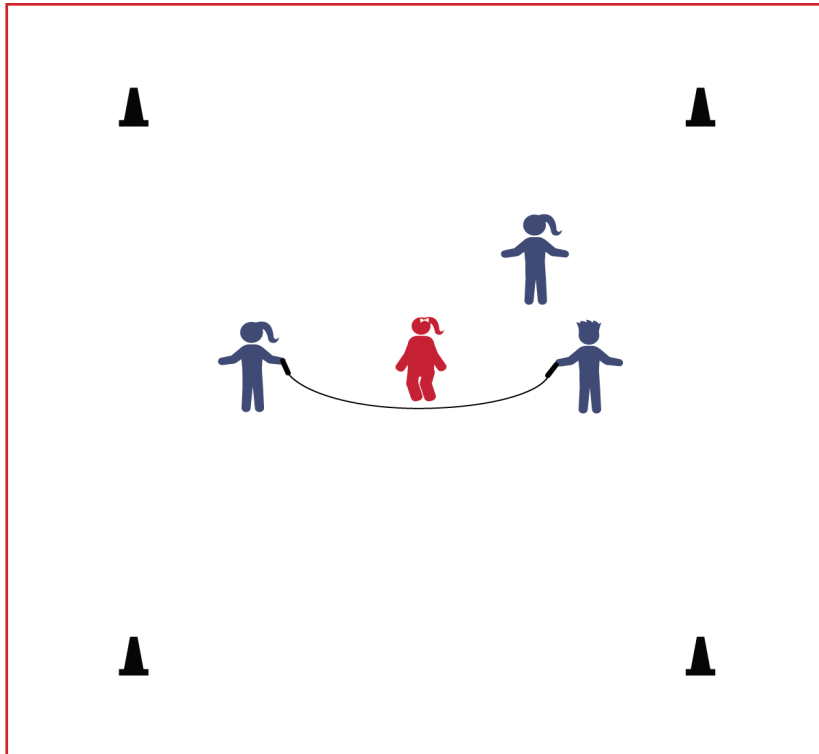
# MATCH ME IF YOU CAN

## HOW TO PLAY

- 1.** Challenge a partner to a game of Match Me If You Can.
- 2.** The object is to make more consecutive jumps than your partner makes.
- 3.** If both partners reach 15 jumps in a row, play Rock, Paper, Scissors to see who wins.
- 4.** Score a Match Point to win a round. How many Match Points can you collect before you hear the stop signal?
- 5.** As an optional challenge, add a different trick into each round.



# LONG ROPE BASICS



## HOW TO PLAY

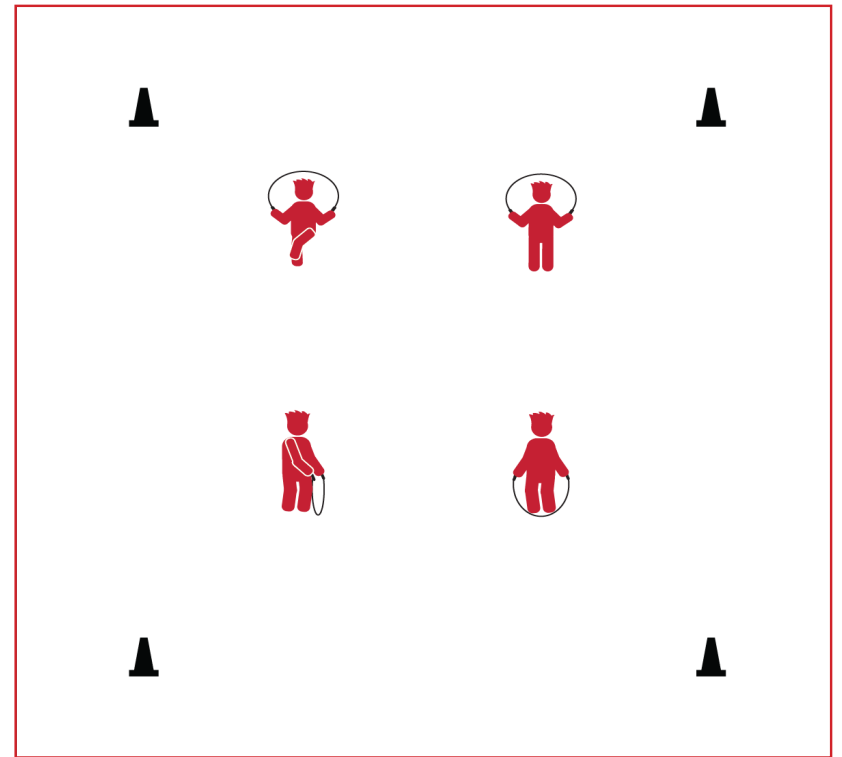
- 1.** Take turns jumping the long rope for 5 to 10 consecutive jumps.
- 2.** Change places when the jumper has made at least 5 jumps (10 jumps maximum).
- 3.** As an optional challenge, perform a moving entrance and exit.



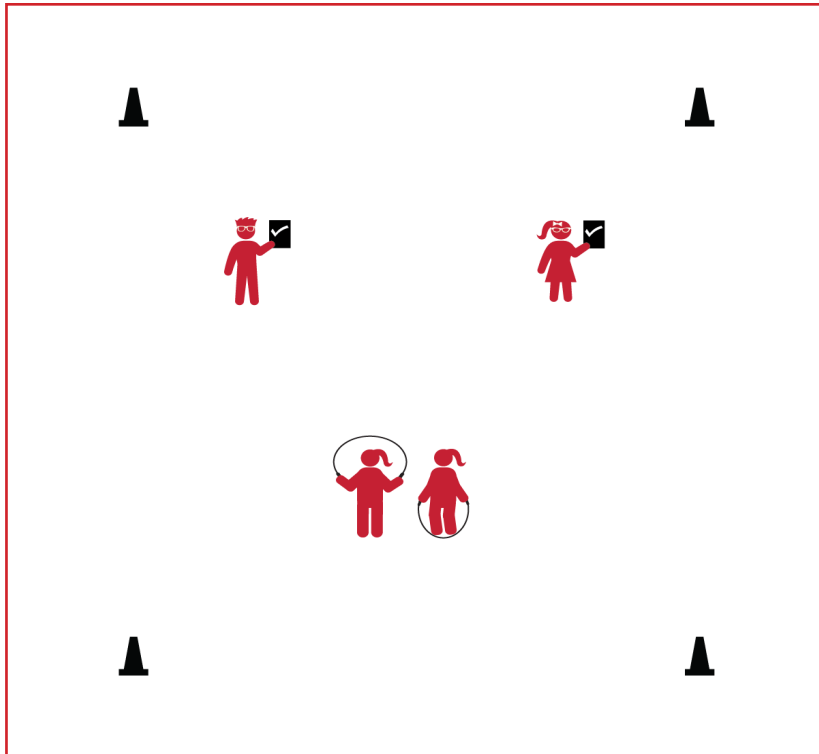
# CREATIVE MODE TWO

Choose 1 of 2 jump rope tricks to perform at this station.

1. Kick Bounce
2. Side Turn Bounce



# SELF-ASSESSMENT



- 1.** Complete the Assessment for Jump Rope Skills
- 2.** When you're finished, perform jump rope rhymes while jumping a short rope.
- 3.** As an optional challenge, create and perform a new rhyme.

