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| **SKILL** | **PRE** | **GOAL** | **POST** |
| Jumping a Short Rope |  |  |  |
| 3+ Jump Rope Tricks |  |  |  |
| Jumping a Long Rope |  |  |  |
| Turning a Long Rope |  |  |  |
| Jump Rope Routine |  |  |  |

Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the “Goal” column to show how much you’d like to improve your skills after some practice and hard work.

**Look at these faces to help you decide what to draw.**

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| **Level 1**: I’m in the **Minor Leagues**.  I wish I could do this better, and so I will keep trying my best to improve. | **Level 2:**  I’m in the **Major Leagues.** Practice is helping, and I will keep trying my best to improve. | **Level 3:**  I’m an **All Star.**  I can do this well. Practice worked, and now I want to keep learning more! |