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| **­** | **Score** | **Comments** |
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| Proficient  **4** | Consistently performs jumping/landing skills with control, using critical cues. Performs a variety of intermediate jump rope tricks (short and long rope). Creates and performs a partner/group routine. Conducts herself/himself safely and with consideration for others. |
| Competent  **3** | Performs skills with occasional errors in both form and outcome. Is able to competently perform basic jump rope skills. Demonstrates good effort when learning tricks and performing routines. Conducts herself/himself safely without disrupting the learning environment. |
| Lacks  Competence  **2** | Performs skills with frequent errors in both form and outcome. Has difficulty performing basic jump rope skills. Cannot perform tricks. Cannot complete a routine. Occasionally creates unsafe situations. |
| Well Below Competence  **1** | Displays unsatisfactory effort. Often breaks safety rules and disrupts the learning environment. |