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**Group Member Names**

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**Group Routine Criteria**

* The routine must include a minimum of 4 different jump rope tricks.
* The minimum length of the routine must be 16 total jumps.
* The routine must be performed by all group members, in unison.

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**Required Tricks**

Trick 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

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**Bonus Tricks**

Trick 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (4 Jumps)

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**Activity Bonus**

Step Total Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Step Total Final: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Or…*

Heart Rate Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Heart Rate Final: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_