

Name:

## Jump Rope Skill Journal

<b>Individual Jump Rope Skills</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
Forward Jumps						
Backward Jumps						
Right Foot Only						
Left Foot Only						
Skipping the Rope						
Yee-Ha						
Fishing						
Bowling						
Side Leg Lift						
Back-foot Catch Reverse						
Knees Up						
Scissor Jumps						
Straddle Jumps						
Bell Jumps						
Ski Jumps						
Jump and						

Name:

Turn						
Front Cross						
Straddle Criss Cross (feet cross)						
Jedi 180						
Cats Cradle						
Pretzel						
Handcuffed						
<b>Partner Jump Rope Skills</b>	<b>Date:</b> <b>Partner:</b>	<b>Date:</b> <b>Partner:</b>	<b>Date:</b> <b>Partner:</b>	<b>Date:</b> <b>Partner:</b>	<b>Date:</b> <b>Partner:</b>	<b>Date:</b> <b>Partner:</b>
Helicopter						
Jump Over, Jump Through						
Face to Face						
I Turn the Rope, You Turn in Circles						
Side by Side						
You Jump, I Jump Side by Side						
Back to Back						
You Jump, I Jump with Jumping into the						

Name:

Rope						
Traveler						
<b>Long Rope Skills</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
Regular Jumping						
Jumping and Turning in Circles						
Jumping Into the Turning Rope						