

## Jump Rope Paper and Pencil Assessment

NAME \_\_\_\_\_

TEACHER \_\_\_\_\_

### Rope Jump Checklist

Try the activities listed below with your short rope. Mark off the ones you have completed. Continue to practice the ones you could not complete.

1. 20 basic jumps \_\_\_\_\_
2. 10 backwards jumps \_\_\_\_\_
3. 15 side to side jumps \_\_\_\_\_
4. 5 criss -cross jumps \_\_\_\_\_
5. 15 jogging jumps \_\_\_\_\_
6. 15 straddle jumps \_\_\_\_\_
7. 20 toe to toe jumps \_\_\_\_\_
8. 20 back and forth jumps \_\_\_\_\_
9. Which jump was your favorite and why?