

Jumping Rope Rubric

Jumping Rope Skills

Grades 2-5

- * 1 - Forward jumping
- * 2 - backward jumping
- * 3 - jog step jumping
- * 4 - one foot jumping
- * 5 - “skier” jumping
- * BONUS - criss-cross jumping

Grades K-1

- * 1 - Can jump (bending their knees) over a rope lying on the ground.
- * 2 - Can correctly turn the jump rope keeping elbows close to the body.
- * 3 – Can push off and land on the balls of their feet.
- * 4 – Can slow jump over a rope lying on the ground (yield on landing).
- * 5 – Can fast jump over a rope lying on the ground (buoyant landing).
- * BONUS – Can successfully jump over a turning rope twice continuously.

Scoring Rubric

Grade	Master (5)	Advanced (4)	Intermediate (3)	Amateur (2)	Beginner (1)
5	Can perform all five skills continuously for 4 jumps.	Can perform four skills continuously for 4 jumps.	Can perform three skills continuously for 3 jumps.	Can perform two skills continuously for 3 jumps.	Can perform one skill continuously for 3 jumps.
4	Can perform all five skills continuously for 4 jumps.	Can perform four skills continuously for 4 jumps.	Can perform three skills continuously for 3 jumps.	Can perform two skills continuously for 3 jumps.	Can perform one skill continuously for 3 jumps.
3	Can perform all five skills continuously for 4 jumps.	Can perform four skills continuously for 4 jumps.	Can perform three skills continuously for 3 jumps.	Can perform two skills continuously for 3 jumps.	Can perform one skill continuously for 3 jumps.
2	Can perform three skills continuously for 4 jumps.	Can perform three skills continuously for 4 jumps.	Can perform two skills continuously for 3 jumps.	Can perform two skills continuously for 3 jumps.	Can perform one skill continuously for 3 jumps.
1	Can perform all five skills.	Can perform four skills.	Can perform three skills.	Can perform two skills.	Can perform one skill.
K	Can perform all five skills.	Can perform four skills.	Can perform three skills.	Can perform two skills.	Can perform one skill.