

Jump Rope Challenge

Name _____

Trick	☺	Trick	☺
Single Side Swing		1 Leg (5 times in a row)	
Double Side Swing		Backward (5 times in a row)	
Bell		Cross-over	
Skier		Fast as u can! (Count jumps in 10 seconds)	
Heel Touch		Toe Touch	
Together/Apart		Double Under	
Skipping Forward		Make up your own trick!	

Answer the following Questions based on your performance

Question One - Pick one of the skills. Describe two things that made you successful at that skill.

Question Two - Pick one of the skills. Describe two things you could improve on to make you more successful at that skill.

Combine two or more skills into a routine. Describe it so someone else could learn the routine.