Name/Title: Long Jump Rope Skills

Purpose of Event: To provide a tool for students to self-assess their long jump rope skills.

Suggested Grade Level: 4-5

Materials Needed: Rubrics below and long jump ropes.

Time Needed to Complete: 5-10 minutes.

Description of Idea

- Long Jump Rope Scoring Rubrics for 4th and 5th Grades (HTML)
- Long Jump Rope Scoring Rubrics for 4th and 5th Grades (PDF)

Submitted by **Deborah Chisler** who teaches at Barnard Elementary in Tulsa, OK. Thanks for contributing to PE Central! **Posted on PEC: 8/24/2004**.

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