NAME: _____

JUMP ROPE ROUTINE

DIRECTIONS: DEVELOP A JUMP ROPE ROUTINE USING THE SKILLS PRESENTED IN CLASS. YOUR ROUTINE MUST INCLUDE 8 DIFFERENT SKILLS BOTH JUMPING AND NON-JUMPING. ROUTINES MUST BE PRACTICED AND PERFORMED IN CLASS.

GRADING

YOUR GRADE IS BASED ON THE FOLLOWING:

A = ALL EIGHT SKILLS MEMORIZED AND PERFORMED IN ORDER.

B = 7 SKILLS MEMORIZED AND PERFORMED IN ORDER.

C = 6 SKILLS MEMORIZED AND PERFORMED IN ORDER.

D = 5 SKILLS MEMORIZED AND PERFORMED IN ORDER.

F = 4 OR LESS SKILLS PERFORMED.

"+" = BOTH JUMPING AND NON-JUMPING SKILLS INCLUDED IN ROUTINE.

"-" = SKILLS NOT PERFORMED IN ORDER 0R ROUTINE DOES NOT INCLUDE JUMPING AND NON-JUMPING SKILLS.

JUMP ROPE ROUTINE:

1_____

2_____

3_____

4_____

5_____

6_____

7_____

8_____

REMEMBER TO PRACTICE!!!