

# JUMP SKILL REVIEW

In Our School District we collaborate and share ideas. This document was created by my good friend, Mrs. Korby, PE Teacher at Thoreau Elem.

All skills can be practiced at home with or without a rope. Be creative...

- Make a rope
- Use chalk to draw a line
- Find a pre-existing line to jump over

**Always be safe at home and check with an adult first!**

## Single Bounce



Feet together. 1 Jump for each rotation of the rope.

## Double Bounce



Feet together. 2 small jumps for each rotation of the rope.

## Jog Step



Alternate feet, running in place.

## Single Foot



Your choice! Hop on one foot.

## Straddle



Feet apart, rope turns.  
Feet together, rope turns.

## Bell Jump

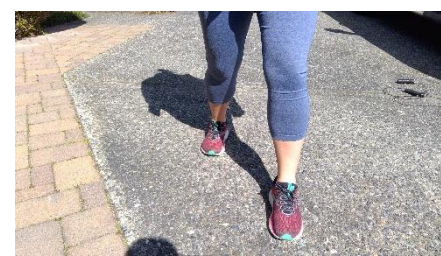


Feet together, jump forward, rope turns.



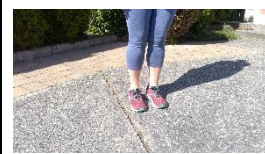
Feet together jump backwards rope turns.

## Scissors



Split your feet forward and backward, rope turns and switch feet.

## Skier Jump



Feet together, jump to the side, rope turns.



Feet together, jump to the other side, rope turns.

## Heel to Heel



Step w/ heel down & toe up, rope turns.



Single bounce, rope turns.



Step w/ heel down toe up, rope turns.

## Can-Can



Lift right knee up, hop on 1 foot, rope turns.



Single bounce, rope turns.



Kick right foot out, hop on 1 foot, rope turns.

**\*Repeat Steps 1-3 on the opposite side.**

