**Jump Rope**

Skills Checklist

Challenge yourself at a skill of your choice. When you complete a skill level, color in the heart and move to the next “Level”. Once you have completed all the levels, get partner’s initials and move to another “Skill”. You may only go on to the next “Class” after teacher approval.

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| --- | --- | --- | --- | --- |
| **Skill** | **Level 1**  **3**  **no misses** | **Level 2**  **Jumps**  **x**  **your age** | **Level 3**  **20**  ***no misses*** | **Partner’s**  **Initials** |
| Bronze Class | | | | |
| Side Swings |  |  |  |  |
| Single Bounce  (Basic Jump) |  |  |  |  |
| Double Bounce |  |  |  |  |
| Double Swing-Jump |  |  |  |  |
| Backwards Jump |  |  |  |  |
| One Foot |  |  |  |  |
| Jack Jump |  |  |  |  |

|  |  |  |  |  |
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| **Skill** | **Level 1**  **3**  **no misses** | **Level 2**  **Jumps**  **x**  **your age** | **Level 3**  **20**  ***no misses*** | **Partner**  **Initials** |
| Silver Class | | | | |
| Skier |  |  |  |  |
| Bell |  |  |  |  |
| Twister |  |  |  |  |
| Jogger |  |  |  |  |
| Heel touch |  |  |  |  |
| Single  Swing-Jump |  |  |  |  |
| Gold Class | | | | |
| Swing Kick |  |  |  |  |
| Rocker |  |  |  |  |
| Cross |  |  |  |  |
| Double Under |  |  |  |  |
| Full Twist |  |  |  |  |

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| --- | --- | --- | --- | --- |
| Platinum Class | | | | |
| **Skill** | **Partner**  **Initials** | | | **QR**  **Code** |
| Lil Skipper Routine  **4 x One foot**  **4 x Jack Jumps**  **4 x Skier**  **4 x Bell**  **4 x Full Twist** |  | | | lilskipperroutine qr_code (1).png |
| Your Own  **5 different skills**  **20 total Jumps** |  | | |  |