



# Jump Rope Tricks



# Checklist



# How to use this product

During your jump rope unit students are learning many different jump rope tricks. This checklist is a good way to allow students to self assess or peer assess and also have some independence and personal choice in the different tricks that they are working on. It's also a good way to differentiate for all of the different levels of ability that you might have in one class.

I recommend trying out this activity with students in 3rd grade or older since some students in K-2nd will struggle with many of even the basic jump rope skills and might also struggle with reading the worksheet directions.

After teaching the tricks to your students, explain the assignment to your students and either have them work on the tricks by themselves or with a partner.

You'll see 2 different checklists - I've created one for a "Self Check" activity and one for a "Partner Check" activity.

**Self Check** - Students operate on the honors system and check each trick off once they successfully complete it.

**Partner Check** - Students practice on their own and when they think they're ready they get a classmate or the teacher to watch them perform the trick.

After performing the trick successfully the person observing will write their name in the blank next to that specific trick (under the "witness" column).

The method that you choose is really up to you and what you think would be best for your students.

## **What counts as "Learning a Trick?"**

I use the rule of getting 10 jumps in a row with no mistakes, but you can change the number to increase or decrease the difficulty for your students.

# JUMP ROPE TRICK CHECKLIST

## Self Check Directions

**Directions:** Start at the Easies Tricks and try to work your way down the checklist to complete as many tricks as possible.

In order to check a trick off your list you must perform the trick 10 times in a row with no mistakes. After you complete the trick, check it off your list and move on to the next one.

If you're struggling with a trick, ask your teacher or a friend to watch you try and they might be able to give you some helpful advice

**REMEMBER:** Be safe. Stay in open space. Have Fun and Don't Give Up!



# JUMP ROPE TRICKS



## Basic

- Single bounce
- Double bounce
- Backwards
- Hop
- Skier
- Bell
- Jogger
- Rocker

## Intermediate

- Skip
- Front straddle
- Side straddle
- Straddle cross
- Side swing
- Double side swing
- Criss cross

## Advanced

- 180 and 360
- Toe to toe
- Heel to heel
- Side cross swing
- Cowboy
- Double under
- Elevator
- Wounded duck

Name \_\_\_\_\_ Class \_\_\_\_\_

**Directions:** Try to complete as many tricks as you can before we run out of time. In order to complete a trick you must perform the trick 10 times in a row without making any mistakes. After you complete the trick, check it off and try the next trick on the list

## BASIC

- Single Bounce
- Double Bounce
- Backwards
- Hop
- Skier
- Bell
- Rocker
- Jogger

## INTERMEDIATE

- Skip
- Front Straddle
- Side Straddle
- Cross Straddle
- Side Swing
- Double Swing
- Criss Cross

## ADVANCED

- 180 & 360
- Toe to Toe
- Heel to Heel
- Side Cross Swing
- Cowboy
- Double Under
- Elevator
- Wounded Duck

# JUMP ROPE TRICK CHECKLIST

## Partner Check Directions

**Directions:** Start with the easiest tricks and try to work your way down the checklist to complete as many tricks as possible.

In order to check a trick off your list you must perform the trick 10 times in a row with no mistakes in front of another classmate. Make sure to practice the trick ahead of time to make sure you can do it before asking a friend to watch. After you complete the trick, have your classmate check it off your list and write their name under the blank that says "Witness" .

If you're struggling with a trick, ask your teacher or partner to watch you while you try it and they might be able to give you some helpful advice

**REMEMBER:** Be safe. Stay in open space. Have Fun and Don't Give Up!



# JUMP ROPE TRICKS



### Basic

- Single bounce
- Double bounce
- Backwards
- Hop
- Skier
- Bell
- Jogger
- Rocker

### Intermediate

- Skip
- Front straddle
- Side straddle
- Straddle cross
- Side swing
- Double side swing
- Criss cross

### Advanced

- 180 and 360
- Toe to toe
- Heel to heel
- Side cross swing
- Cowboy
- Double under
- Elevator
- Wounded duck

Name \_\_\_\_\_ Class \_\_\_\_\_

**Directions:** Try to complete as many tricks as you can before we run out of time. In order to complete a trick you must perform the trick 10 times in a row without making any mistakes in front of a friend or the teacher.

# BASIC TRICKS

**Witness**

- |                          |                      |       |
|--------------------------|----------------------|-------|
| <input type="checkbox"/> | <b>Single Bounce</b> | _____ |
| <input type="checkbox"/> | <b>Double Bounce</b> | _____ |
| <input type="checkbox"/> | <b>Backwards</b>     | _____ |
| <input type="checkbox"/> | <b>Hop</b>           | _____ |
| <input type="checkbox"/> | <b>Skier</b>         | _____ |
| <input type="checkbox"/> | <b>Bell</b>          | _____ |
| <input type="checkbox"/> | <b>Rocker</b>        | _____ |
| <input type="checkbox"/> | <b>Jogger</b>        | _____ |

Name \_\_\_\_\_ Class \_\_\_\_\_

**Directions:** Try to complete as many tricks as you can before we run out of time. In order to complete a trick you must perform the trick 10 times in a row without making any mistakes in front of a friend or the teacher.

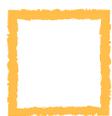
# INTERMEDIATE TRICKS

**Witness**



**Skip**

\_\_\_\_\_



**Front Straddle**

\_\_\_\_\_



**Side Straddle**

\_\_\_\_\_



**Cross Straddle**

\_\_\_\_\_



**Side Swing**

\_\_\_\_\_



**Double Swing**

\_\_\_\_\_



**Criss Cross**

\_\_\_\_\_

Name \_\_\_\_\_ Class \_\_\_\_\_

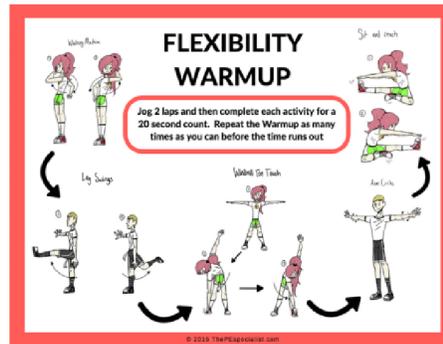
**Directions:** Try to complete as many tricks as you can before we run out of time. In order to complete a trick you must perform the trick 10 times in a row without making any mistakes in front of a friend or the teacher.

# ADVANCED TRICKS

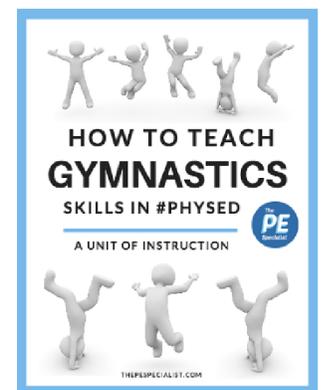
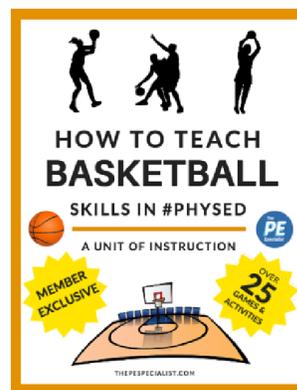
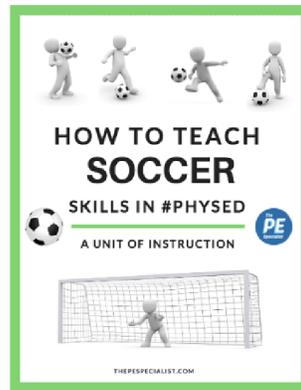
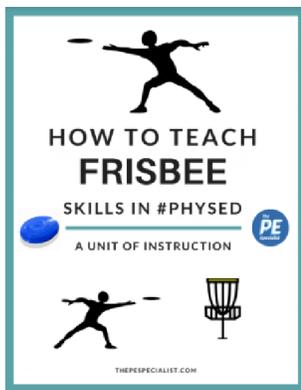
**Witness**

- |                          |                         |       |
|--------------------------|-------------------------|-------|
| <input type="checkbox"/> | <b>180 &amp; 360</b>    | _____ |
| <input type="checkbox"/> | <b>Toe to Toe</b>       | _____ |
| <input type="checkbox"/> | <b>Heel to Heel</b>     | _____ |
| <input type="checkbox"/> | <b>Side Cross Swing</b> | _____ |
| <input type="checkbox"/> | <b>Cowboy</b>           | _____ |
| <input type="checkbox"/> | <b>Double Under</b>     | _____ |
| <input type="checkbox"/> | <b>Elevator</b>         | _____ |
| <input type="checkbox"/> | <b>Wounded Duck</b>     | _____ |

# MORE RESOURCES FROM BEN



## E-BOOKS AND RESOURCE GUIDES



## FOLLOW THE LEADER VIDEOS



All resources above, trainings, E-courses, community forums and many other awesome goodies are available for free download to members within the membership section at [ThePEspecialist.com](http://ThePEspecialist.com).

Not a member? You can get more info about membership at the URL below:

[ThePEspecialist.com/info](http://ThePEspecialist.com/info)