



Every Jump Counts Challenge

Write the date in the box for each of the jump rope moves/ tricks. This is a self-evaluation where you rate yourself on the jump rope move.

Name:	Just Beginning	Almost There	Got it
2 foot hop			
1 foot hop			
Alternating foot			
Bell			
Skier			
Side Straddle			
Scissors			
Toe to Toe			
Heel to Heel			



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