

NAME \_\_\_\_\_

**Jump Rope Checklist**

Write the date the move was completed in the space provided. Each move should be completed for five repetitions in a row.

<b>JR Move</b>	<b>Forward</b>	<b>Backward</b>
Basic Jump		
Double Bounce Jump		
Alternating Foot Jump		
Side Swing		
Side Swing to Jump		
Skier		
Bell		
Side Straddle		
Rocker		
Scissors		
Combination Forward and Side Straddle		
X-Foot cross		
<b>Total for Basic Moves</b>		
Toe to Toe		
Heel to Heel		
Heel to Toe		
Pendulum		
Peek-a-boo		
High Knee		
Half Twister		
Full Twister		
Wounded Duck		
Dr. Pepper		
Hip Hop		
<b>Total for Intermediate Moves</b>		
Fling		
Can Can		
Full Turn		
Double Under*		
Crossover		
Bottom's Up*		
Leg Over*		
Rocker Plus		
Grapevine		
Continuous Crossover*		
Grasscutter*		
<b>Total for Intermediate 2 Moves</b>		
1 min jump		
2 min jump		
3 min jump		
5 min jump		

\*move only performed forward

(This checklist was adapted from the following website <http://www2.mesa.k12.co.us/physed/JRlessond.htm>)