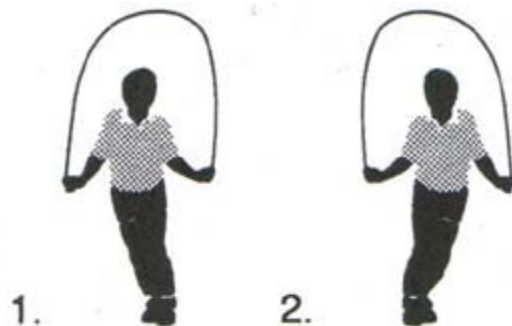
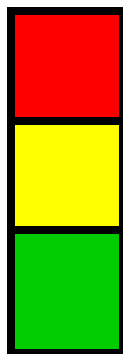


Skier



How to:

- Stand with feet together.
- Jump side to side like you are jumping over a line



Jump rope while performing skier

Side swing rope while performing skier

Place rope on ground and jump over using skier jump

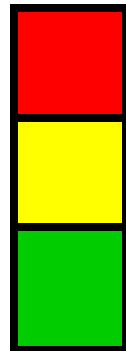


Bell



How to:

- Stand with feet together.
- Jump front to back like you are jumping over a line

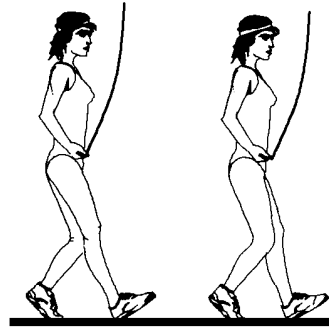


Jump rope while performing the bell

Side swing rope while performing the bell

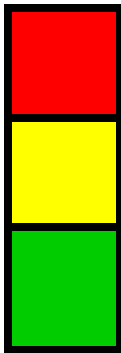
Place rope on ground and jump over using the bell jump

Heel to Toe



How to:

- Jump with left toe and right heel
- Jump with left heel and right toe

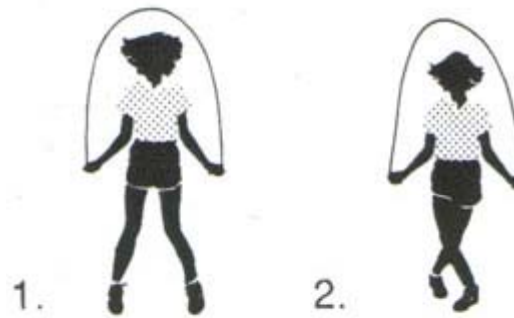


Jump rope while performing heel to toe

Side swing rope while performing heel to toe

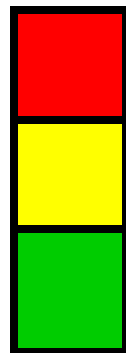
Place rope on ground and jump over the rope using heel to toe

X-Cross



How to:

- Stand with feet in straddle (apart)
- Jump with feet crossing
- Jump with feet in straddle again



Jump rope while performing X-Cross

Side swing rope while performing X-Cross

Place rope on ground and jump over using X-Cross

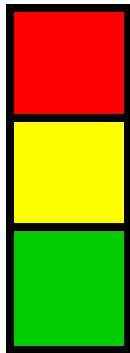


Basic Jump



How to:

- Jump with feet together
- Jump only an inch off the ground



Jump rope while performing basic jump

Side swing rope while performing basic jump

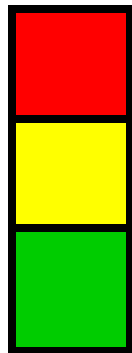
Place rope on ground and jump over rope using basic jump

Swing Kick



How to:

- Stand with feet together.
- Jump and kick right foot out
- Jump again and kick left foot out

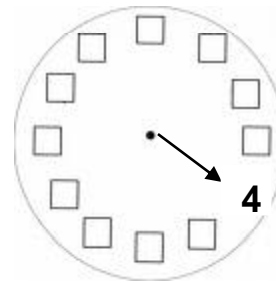
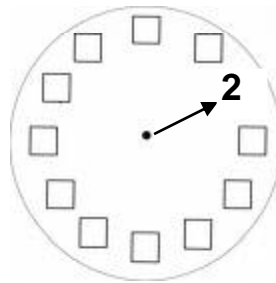
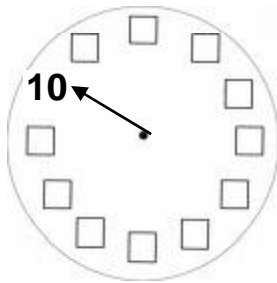


Jump rope while performing swing kick

Side swing rope while performing swing kick

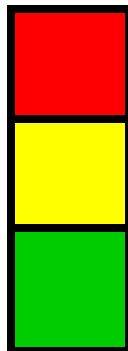
Place rope on ground and jump over rope using swing kick

Dr. Pepper



How to:

- Stand with feet together.
- Jump to 10 o'clock then jump back to middle then jump to 2 o'clock then back to center, then to 4 o'clock then back to center



Jump rope while performing swing kick

Side swing rope while performing swing kick

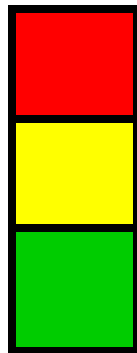
Place rope on ground and jump over rope using swing kick

Spin the Top



How to:

- With a partner select a jump rope move (ex. Bell, Skier, Side straddle)
- One partner spins the top and you both try to complete that skill until the top stops spinning.



Select one jump rope move to complete while top is spinning

Select two jump rope moves to complete while top is spinning

One partner spins the top and the other partner performs the activity

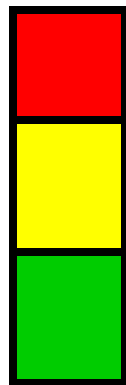


Jump Rope Horse



How to:

- Students are in partners.
- Partner 1 jumps selects 2-4 jump rope moves. He/she then jumps the combination. (ex. 2 bells, 6 skiers)
- Partner 2 tries to complete the same jump rope combination without missing.
- If Partner 2 misses they get an H
- Partners then switch, Partner 2 selects a combination and Partner 1 tries to complete the combo.



Jump rope while performing combination

Side swing rope while performing combination

Place rope on ground and jump combination