

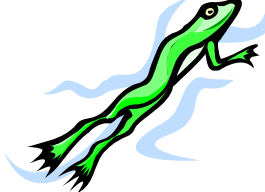
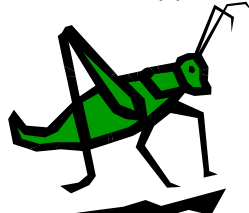


Jump Rope Routine Rubric

Name _____

Total ____ / 12 pts

 Kangaroo (Superb) 4	 Rabbit (Getting Higher) 3	 Frog (On Your Way) 2	 Grasshopper (Just Getting Started) 1
Includes 10 skills selected from both basic and intermediate jumps	Includes 9 skills	Includes 8 jumping skills	Includes 7 or less jumping skills
No breaks in the cadence	No more than 1 breaks in the cadence	No more than 2 breaks in cadence	No more than 3 breaks in cadence
Perform all moves correctly	Only one mistake when performing moves	Only two mistakes when performing moves	Many mistakes when performing moves

Students would select jump rope moves and then perform each move four repetitions before moving on to the next move. The moves should be jumped continuously. Students can perform the moves to music or with another student.