

Jump Rope Routine Rubric

Name _____

Total ____ / 16 pts

Exceptional 4	Getting Higher 3	On Your Way 2	Just Getting Started 1
Creative moves that flow well	Sequence of jumps flows well	Completes jumps in a somewhat continuous manner	Jumps do not flow (double bounce between moves)
Includes 10 skills selected from both basic and intermediate jumps	Includes 9 skills	Includes 8 jumping skills	Includes less than 7 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 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 perform each move four times or 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.