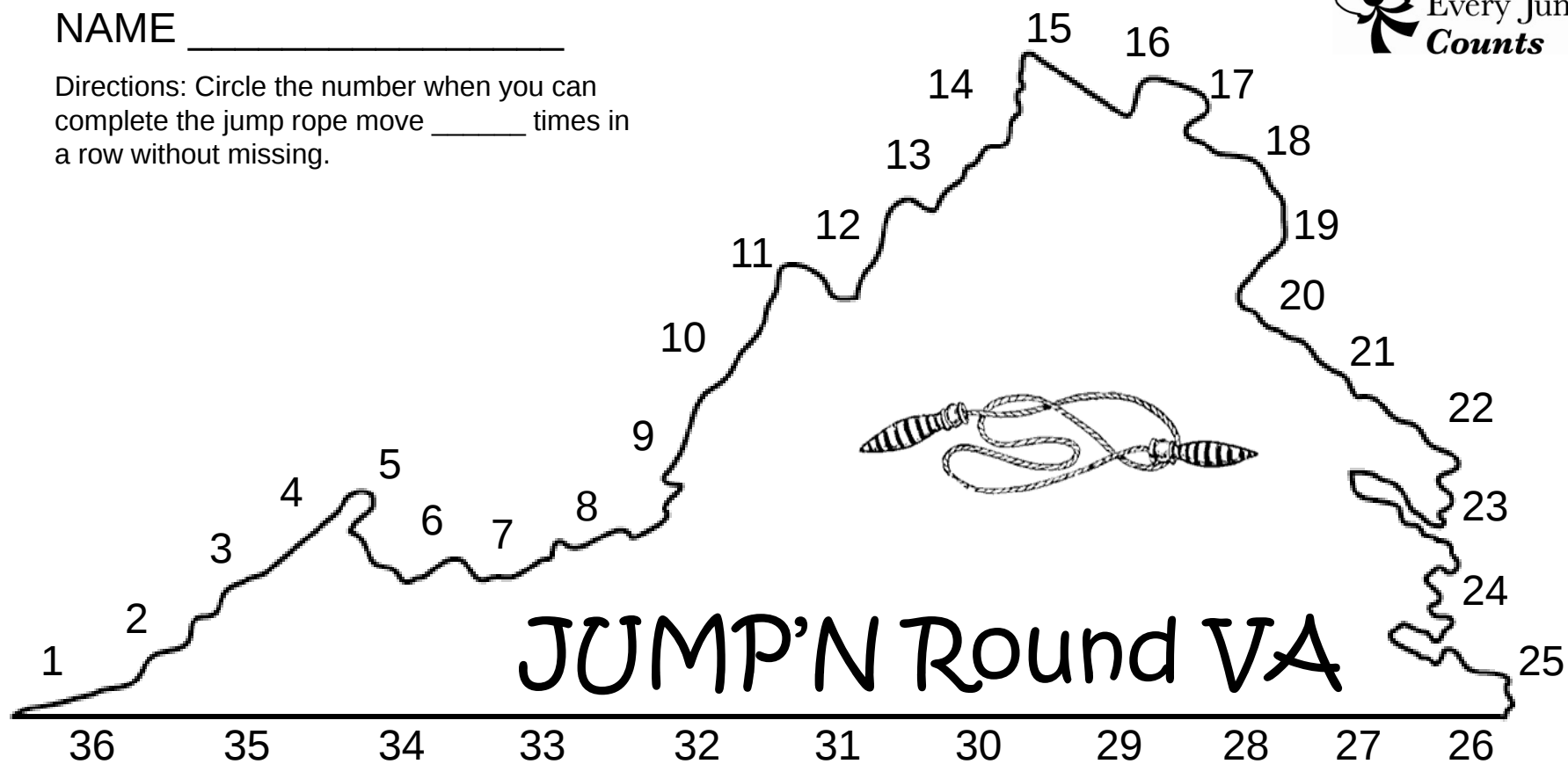


NAME _____

Directions: Circle the number when you can complete the jump rope move _____ times in a row without missing.



1=2 foot hop	2=1 foot hop	3=Alternating foot	4= Bell	5= Skier	6=Side straddle
7=Side swing to jump	8=Heel to Heel	9=Toe to Toe	10=Heel to Toe	11=Rocker	12=Scissors
13=X-foot cross	14=High Knee	15=Can Can	16=Backward jump	17=Forward shuffle	18=Half twister
19=Full twister	20=Cross Over	21= Continuous crossover	22=Grasscutter	23=Backward crossover	24=Peek-a-Boo
25=Pendulum	26=Running in place	27=Wounded duck	28=Hip hop	29=Dr. Pepper	30=Full Turn
31=Double Under	32=Fling	33=Rocker Plus	34=Grapevine	35=Student created	36=Student Created