

Student Checklist: Jump Rope Rock, Paper, Scissors (Lower Body and Rhythm)

Student Names	Lower Body			Jump Rope Moves			Rhythm	Comments: What feedback can you provide your partner?
	Jump 1-2 inches off ground	Land on balls of the feet	Land with knees slightly bent	Feet together (basic)	Feet split to 9:00 and 3:00 (side straddle)	Feet split to 12:00 and 6:00 (scissors)	Jumping creates a rhythmic action	
Partner #1								
Partner # 2								
Partner # 3								
Partner # 4								

Students will write their names in the spaces provided.

1. Check the box if the element is visible when your partner is jumping a basic jump (i.e. two foot hop). Students are only looking for the lower body in the beginning.
2. Evaluate either the basic, side straddle or scissors jump rope move. Check the box if your partner does the move correctly.
3. Determine if your partner is jumping in a rhythmic pattern and provide feedback for how your partner could improve.