

Teacher Checklist: Jump Rope Rock, Paper, Scissors

(Lower Body and Rhythm)

	Critical elements for basic, side straddle, scissors							
	Jump 1-2	Land	Land	Feet	Feet split to	Feet split	Jumping	1
	inches	on balls	with	together	9:00 and	to 12:00	creates	
Student Names	off	of the	knees	(basic)	3:00 (side	and 6:00	rhythmic	
	ground	feet	slightly	(00000)	straddle)	(scissors)	action	
	8-3		bent			(200000)		TOTAL
			COIN					
	1	1						
	+	1			1			
	+	1			1			
	+	1						
	-							
	†				1			
	+							
	+	1			1			

Type student names in the left hand column. Check ($\sqrt{}$) the box if the critical element is visible when students are jumping a basic jump (i.e. two foot hop), side straddle, or scissors jump rope move. Total the checks in the final column.