

Teacher Checklist for Jump Rope

	Critical elements for single rope jumping							
	Shoulders	Use	Hands at	Jump 1-2	Land on	Land	Jumping	
	relaxed.	wrist	waist level	inches off	balls of the	with	creates	
Student Names	Eyes	to turn		ground	feet	knees	rhythmic	
	facing	rope		ground	1000	slightly	action	
	forward	Tope				bent	action	TOTAL
	Torward					OCIIt		TOTAL
						_		
	-							

Type student names in the left hand column. Place a $\sqrt{}$ in the box if the element is visible and a – in the box if the critical element is not visible. Students would be performing the basic jump (i.e. two foot hop) or alternating foot (i.e. running in place) jump rope move.