

ROLLER DERBY 1

- 1 = Jump rope ALTERNATING FOOT 10 times
- 2 = Jump rope SCISSORS
- 3 = Jump rope SKIER
- 4 = High five 4 students
- 5 = Jump rope BELL
- 6 = Jump rope SIDE STRADDLE

ROLLER DERBY 2

- 1 = Jump rope X-FOOT CROSS 10 times
- 2 = Jump rope SIDE SWING TO JUMP
- 3 = Jump rope HALF TWISTER
- 4 = High five 4 students
- 5 = Jump rope HEEL TO HEEL
- 6 = Jump rope TOE TO TOE

ROLLER DERBY 3

- 1 = Jump rope WOUNDED DUCK 10 times
- 2 = Jump rope DR. PEPPER
- 3 = Jump rope FULL TWISTER
- 4 = High five 4 students
- 5 = Jump rope CROSSOVER
- 6 = Jump rope PEEK-A-BOO

ROLLER DERBY

1 =

2 =

3 =

4 =

5 =

6 =