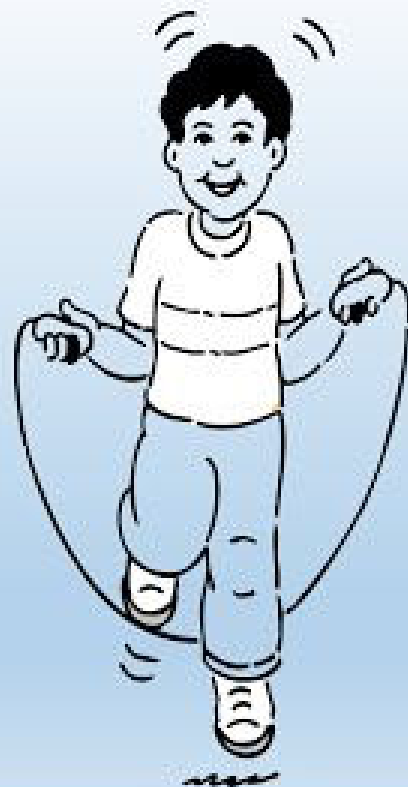




# Jump Rope Skills

Kindergarten – 2<sup>nd</sup> grade



# Single Bounce Forward

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 2**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**5 JUMPS**

**10 JUMPS**

**15 JUMPS**

**20 JUMPS**

**25 JUMPS**

**30 JUMPS**

**40 JUMPS**

**50 JUMPS**

**75 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.





# Single Bounce Backwards

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 2**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**5 JUMPS**

**10 JUMPS**

**15 JUMPS**

**20 JUMPS**

**25 JUMPS**

**30 JUMPS**

**40 JUMPS**

**50 JUMPS**

**75 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.

# Single Bounce Forward

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 5**



**CONSECUTIVE JUMPS**

JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**15 JUMPS**

**25 JUMPS**

**45 JUMPS**

**65 JUMPS**

**85 JUMPS**

**100 JUMPS**

**125 JUMPS**

**175 JUMPS**

**250 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



# Single Bounce Backwards

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 5**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**15 JUMPS**

**25 JUMPS**

**45 JUMPS**

**65 JUMPS**

**85 JUMPS**

**100 JUMPS**

**125 JUMPS**

**175 JUMPS**

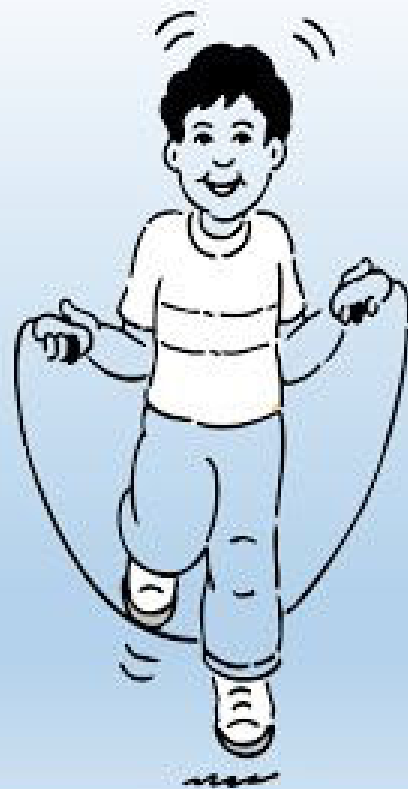
**250 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



# Jump Rope Skills

Kindergarten – 2<sup>nd</sup> grade





# Single Bounce Forward

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 1**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**1 JUMP**

**3 JUMPS**

**5 JUMPS**

**10 JUMPS**

**15 JUMPS**

**20 JUMPS**

**25 JUMPS**

**30 JUMPS**

**50 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.

# Single Bounce Backwards

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 1**



**CONSECUTIVE JUMPS**

JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**1 JUMP**

**3 JUMPS**

**5 JUMPS**

**10 JUMPS**

**15 JUMPS**

**20 JUMPS**

**25 JUMPS**

**30 JUMPS**

**50 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



# Single Bounce Forward

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 3**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**10 JUMPS**

**15 JUMPS**

**25 JUMPS**

**30 JUMPS**

**45 JUMPS**

**60 JUMPS**

**75 JUMPS**

**100 JUMPS**

**125 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



# Single Bounce Backwards

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 3**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**10 JUMPS**

**15 JUMPS**

**25 JUMPS**

**30 JUMPS**

**45 JUMPS**

**60 JUMPS**

**75 JUMPS**

**100 JUMPS**

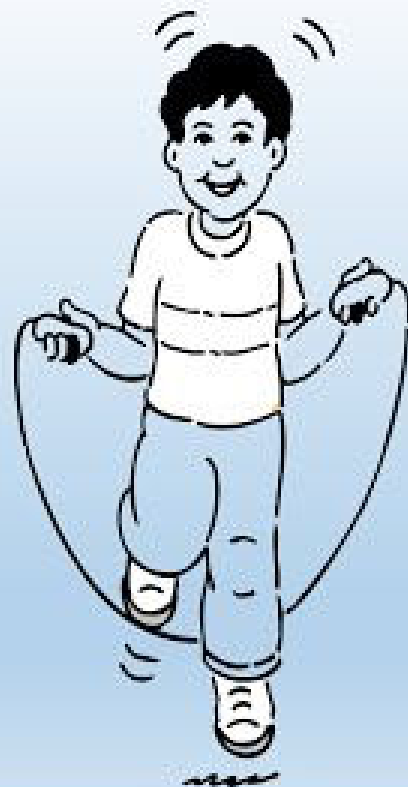
**125 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



# Jump Rope Skills

Kindergarten – 2<sup>nd</sup> grade



# Single Bounce Forward

Cues: Swing then jump



## JUMP ROPE NINJAS KINDERGARTEN CONSECUTIVE JUMPS



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

1 JUMP

3 JUMPS

5 JUMPS

7 JUMPS

9 JUMPS

11 JUMPS

13 JUMPS

15 JUMPS

20 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.

# Single Bounce Backwards

Cues: Swing then jump



## JUMP ROPE NINJAS KINDERGARTEN CONSECUTIVE JUMPS



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

1 JUMP

3 JUMPS

5 JUMPS

7 JUMPS

9 JUMPS

11 JUMPS

13 JUMPS

15 JUMPS

20 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.





# Single Bounce Forward

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 4**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**10 JUMPS**

**20 JUMPS**

**30 JUMPS**

**45 JUMPS**

**60 JUMPS**

**75 JUMPS**

**100 JUMPS**

**125 JUMPS**

**175 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.





# Single Bounce Backwards

Cues: Swing then jump



**JUMP ROPE NINJAS**  
**GRADE 4**

**CONSECUTIVE JUMPS**



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

**START HERE**

**10 JUMPS**

**20 JUMPS**

**30 JUMPS**

**45 JUMPS**

**60 JUMPS**

**75 JUMPS**

**100 JUMPS**

**125 JUMPS**

**175 JUMPS**

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.