

Double Dutch Rubric

	1	2	3
Turning	Not Turning in Egg Beater Fashion and not to a 1,2 beat	Can turn properly but 1,2 beat is off	Perfect turning with elbows in, and ropes in perfect rotation.
Getting Into Ropes	Can't get into ropes	Timing to get into ropes is on but can't start jumping	Perfect entrance into ropes and able to start
Jumping	Has trouble with the 1,2 steps and can't go long	Can jump with 1, 2 beat successfully but cannot last long	Jumps in ropes for an extended period of time.
Tricks or Turns	Not able to do any turns or tricks	Able to turn or do 1 trick	Able to turn AND do at least 1 trick.