

Name : _____

**Jump Rope
Skills**

1. Single Jumps (20 times) _____
2. Single Side Swing (10 each side) _____
3. Double Side Swing (10 each side) _____
4. Skier (10 each side) _____
5. Bells (10 each side) _____
6. Side Straddle (15 times) _____
7. Forward Straddle (15 times) _____
8. Double Straddle (5 times) _____
9. Peek-A-Boo (10 each side) _____
10. Double Peek-A-Boo (10 each side) _____
11. Twister (15 times) _____
12. Penguin (10 times) _____
13. Boxer (16 times) _____
14. Criss Cross (10 times) _____
15. Side Swing Criss Cross (7 each side) _____
16. Toe to Toe (10 each side) _____
17. Heel to Heel (10 each side) _____
18. Heel to Toe (7 each side) _____
19. Knee Ups (10 each side) _____
20. Double Unders (10 times) _____
21. The X (10 each side) _____
22. Jogger (25 times) _____
23. Pop Ups (10 times) _____
24. 180's (6 times each way) _____
25. 360's (6 times each way) _____
26. EB's (5 times each way) _____
27. Can Can (5 times each side) _____

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