

JUMP ROPE NINJAS

GRADE 1

CONSECUTIVE JUMPS



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

1 JUMP

3 JUMPS

5 JUMPS

10 JUMPS

15 JUMPS

20 JUMPS

25 JUMPS

30 JUMPS

50 JUMPS

START HERE

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



JUMP ROPE NINJAS

GRADE 2

CONSECUTIVE JUMPS



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

75 JUMPS

50 JUMPS

40 JUMPS

30 JUMPS

25 JUMPS

20 JUMPS

15 JUMPS

10 JUMPS

5 JUMPS

START HERE

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



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

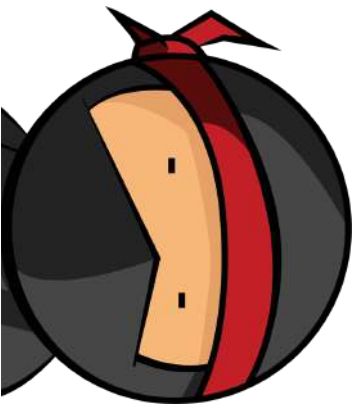
60 JUMPS

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 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.



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 CHALLENGE

1 FOOT HOPS

HOP ON 1 FOOT THE NUMBER OF YEARS IN YOUR AGE



HOP ON THE OTHER FOOT THE NUMBER OF YEARS IN YOUR AGE



HOP ON ALTERNATING FEET THE NUMBER OF YEARS IN YOUR AGE



ALL JUMPS MUST BE "IN A ROW" WITHOUT A MISS BEFORE MOVING TO NEXT LEVEL.

JUMP ROPE CHALLENGE

BACKWARDS JUMPS

JUMP BACKWARDS THE NUMBER
OF LETTERS IN YOUR FIRST NAME



JUMP BACKWARDS THE NUMBER
OF LETTERS IN YOUR FIRST AND
LAST NAME



JUMP BACKWARDS THE ENTIRE
ALPHABET

ALL JUMPS MUST BE "IN A ROW" WITHOUT A MISS
BEFORE MOVING TO NEXT LEVEL.

JUMP ROPE CHALLENGE

BASIC JUMPS

***JUMP THE NUMBER OF LETTERS
IN YOUR FIRST NAME***



***JUMP THE NUMBER OF LETTERS
IN YOUR FIRST AND LAST NAME***



JUMP THE ENTIRE ALPHABET

***ALL JUMPS MUST BE "IN A ROW" WITHOUT A MISS
BEFORE MOVING TO NEXT LEVEL.***

JUMP ROPE LADDER

"LEVEL 1 SKILLS"

5

**JUMPS
EACH**

**BACKWARDS
JUMPS**

**BELL
JUMPS**

**SKI
JUMPS**

**JOGGER
JUMPS**

**ONE LEG
JUMPS**

**BASIC
JUMPS**

START



JUMP ROPE LADDER

"LEVEL 2 SKILLS"

10

**JUMPS
EACH**

**BACKWARDS
JUMPS**

**BELL
JUMPS**

**SKI
JUMPS**

**JOGGER
JUMPS**

**ONE LEG
JUMPS**

**BASIC
JUMPS**

START



JUMP ROPE LADDER

"LEVEL 3 SKILLS"

20

**JUMPS
EACH**

**SCISSOR
JUMPS**

**BACKWARDS
JUMPS**

**JOGGER
JUMPS**

**LEFT FOOT
JUMPS**

**RIGHT
FOOT
JUMPS**

**BASIC
JUMPS**

START



JUMP ROPE LADDER WARMUP

"BASIC JUMP"



105

**TOTAL
JUMPS**



**30
JUMPS**

**25
JUMPS**

**20
JUMPS**

**15
JUMPS**

**10
JUMPS**

**5
JUMPS**

START



AFTER EACH LEVEL, START
OVER FROM ZERO.
PERFORM EACH SET
INDIVIDUALLY.