

**Jump Rope  
Skills Test**

Please choose 3 skills you have learned that you will demonstrate to Mr. Spencer. You need to practice your skills so you may perform your skills without making a mistake.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Name:**

<b>Total Score</b> _____		
<b>P</b>	<b>PP</b>	<b>Unsatisfactory</b>
There were no mistakes during the Skills Test.	There was 1 mistake during the skills test.	There were 2 or more mistakes during the skills test.
You showed 3 skills.	You Showed 2 skills.	You showed 1 or no Skills

**Jump Rope  
Skills Test**

Please choose 3 skills you have learned that you will demonstrate to Mr. Spencer. You need to practice your skills so you may perform your skills without making a mistake.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Name:**

<b>Total Score</b> _____		
<b>P</b>	<b>PP</b>	<b>Unsatisfactory</b>
There were no mistakes during the Skills Test.	There was 1 mistake during the skills test.	There were 2 or more mistakes during the skills test.
You showed 3 skills.	You Showed 2 skills.	You showed 1 or no Skills

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. Peek-A-Boo (10 each side) \_\_\_\_\_
7. Double Peek-A-Boo (10 each side) \_\_\_\_\_
8. Side Straddle (15 times) \_\_\_\_\_
9. Forward Straddle (15 times) \_\_\_\_\_
10. Double Straddle (5 times) \_\_\_\_\_
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) \_\_\_\_\_

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. Peek-A-Boo (10 each side) \_\_\_\_\_
7. Double Peek-A-Boo (10 each side) \_\_\_\_\_
8. Side Straddle (15 times) \_\_\_\_\_
9. Forward Straddle (15 times) \_\_\_\_\_
10. Double Straddle (5 times) \_\_\_\_\_
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) \_\_\_\_\_