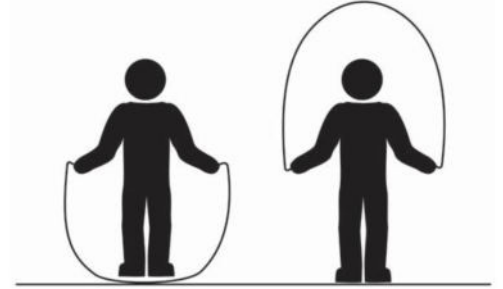




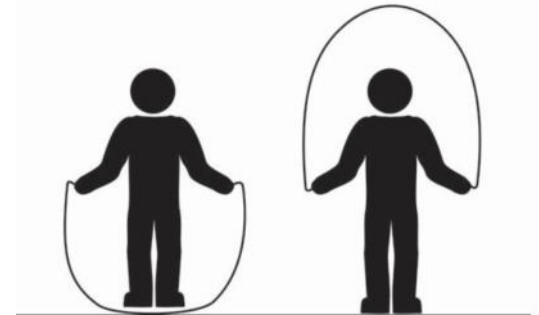
SINGLE BOUNCE

Jump with both feet.
Jump one bounce for every rope turn.



DOUBLE BOUNCE

Jump with both feet.
Jump twice for each rope turn.



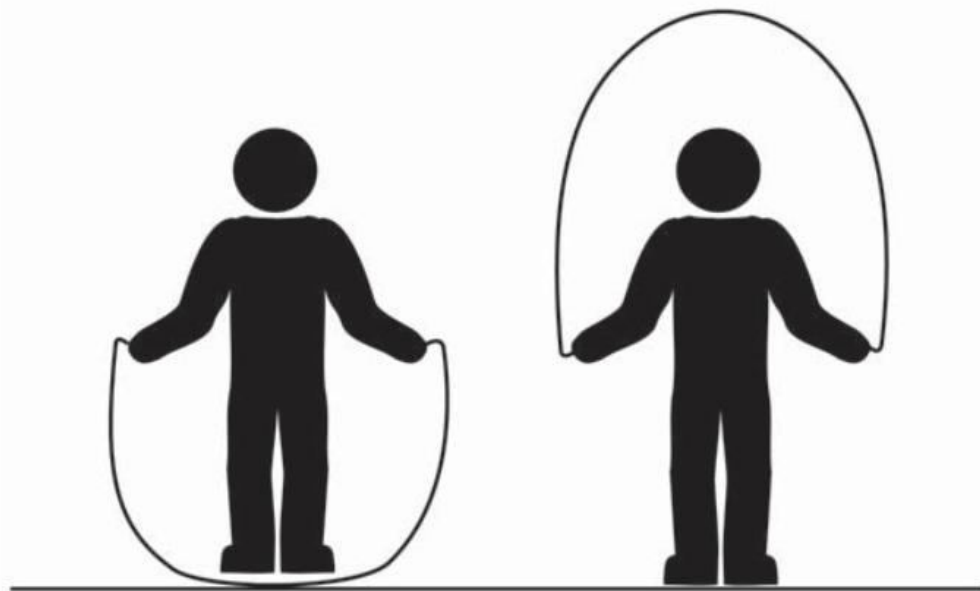
Single Bounce Bounce

Double



BACKWARD

Turn rope backward and jump.





Flash Fitness Task Card

ROCKER

Start with one foot in front
(keep that foot in front).
Rock from the front foot to the back foot.



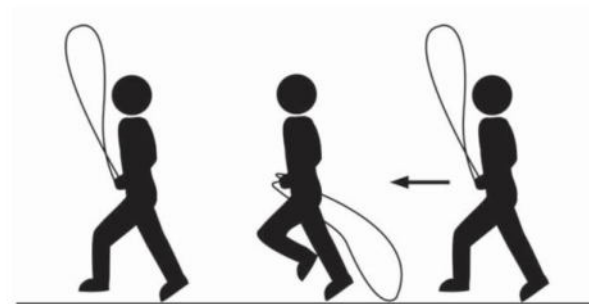


Jogger

Cues: switch feet after each jump.
Jog in place.

WALK & JUMP

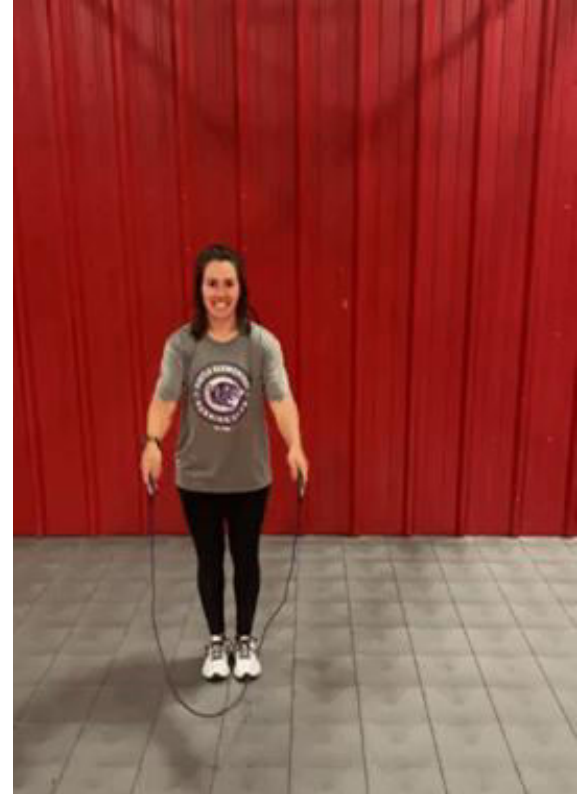
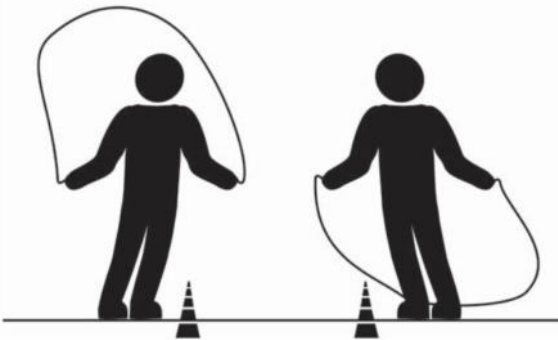
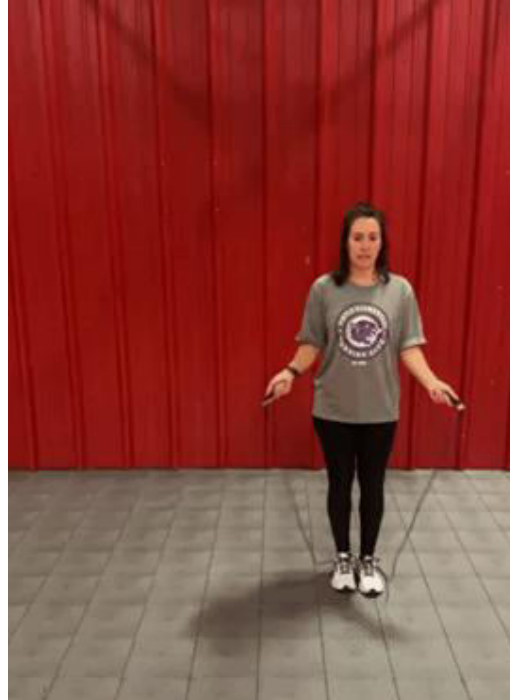
Turn rope while walking forward.





**Hop forward
backwards**

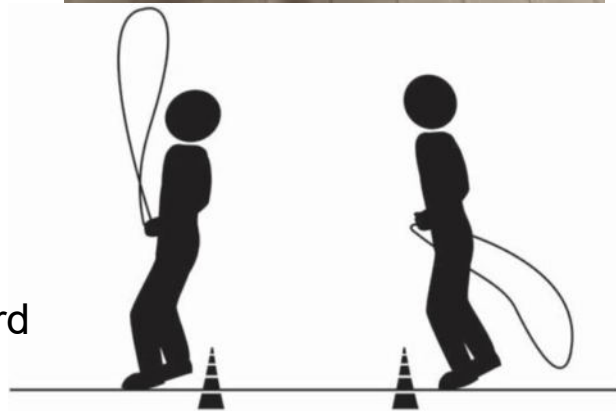
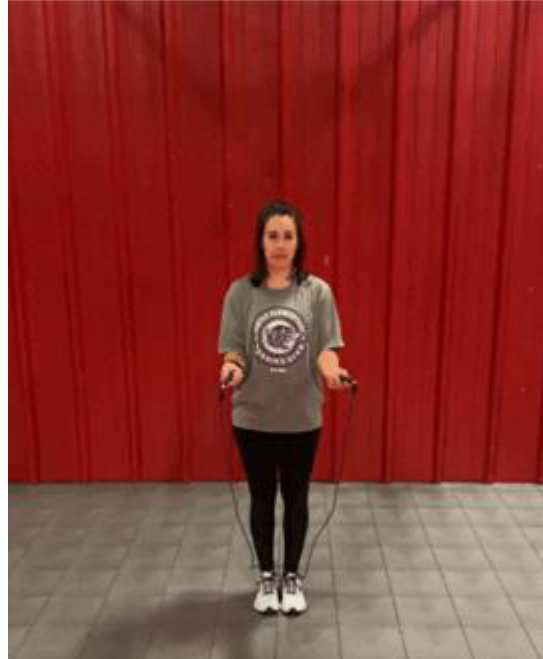
Hop



**Skier
Backwards**

Skier

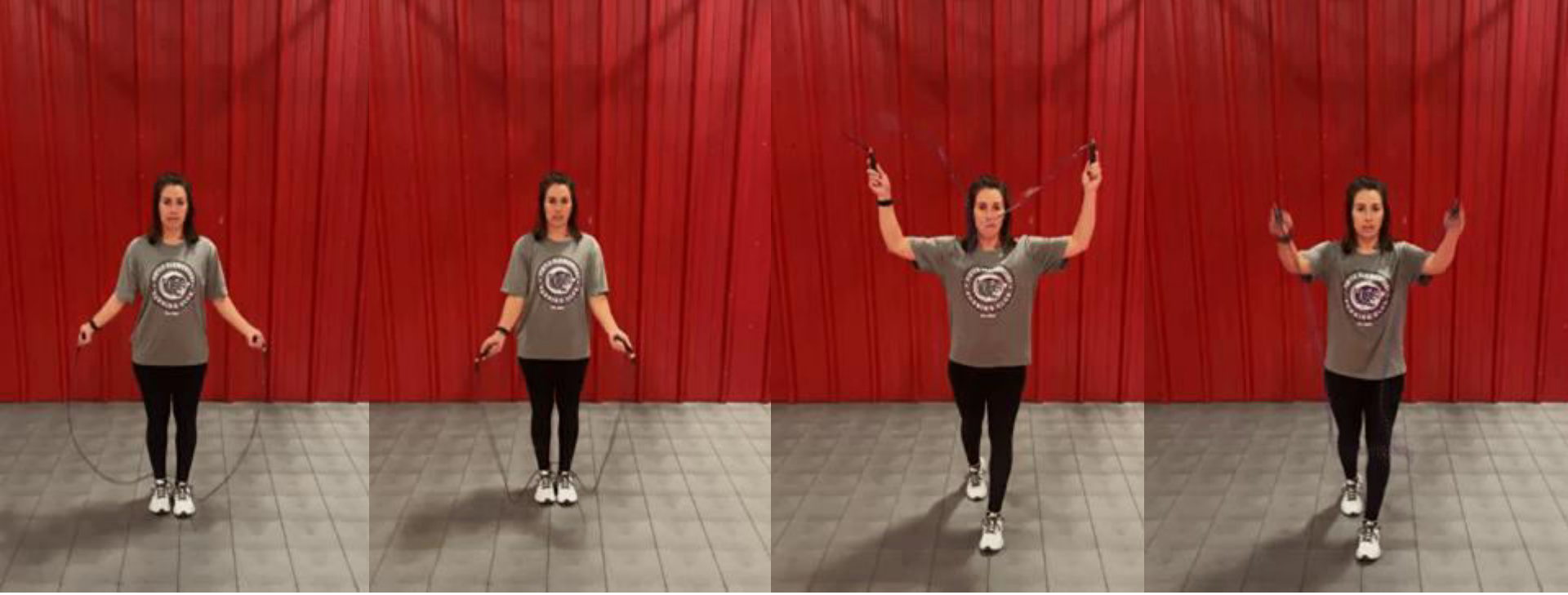
Cues: jump side to side over
a line (or imaginary line)



Bell

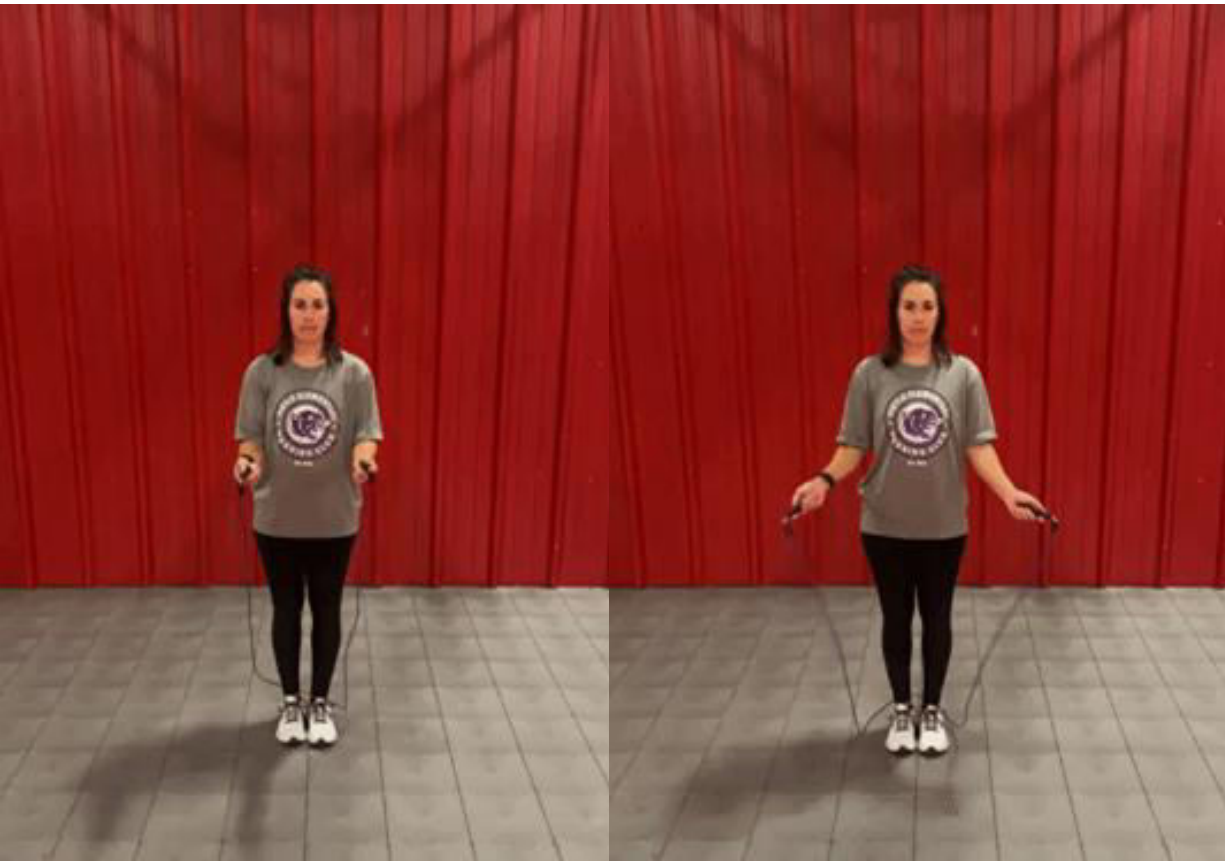
Cues: jump forward then backward over a line (or imaginary line)

Bell Backwards



Scissor

Jump with left foot in front, right foot behind.
Jump with right foot in front, left foot behind.



STRADDLE

*Jump and land with feet apart.
Jump and land with feet together.*

