



# JUMP ROPE NINJAS

## KINDERGARTEN

### CONSECUTIVE JUMPS



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

START HERE

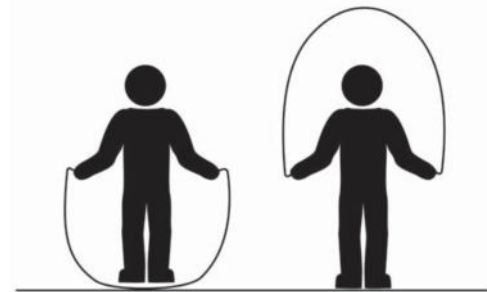


ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



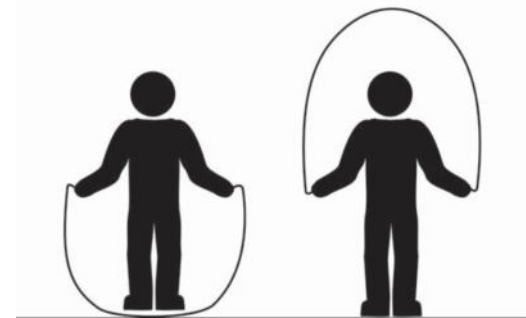
## SINGLE BOUNCE

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



## DOUBLE BOUNCE

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



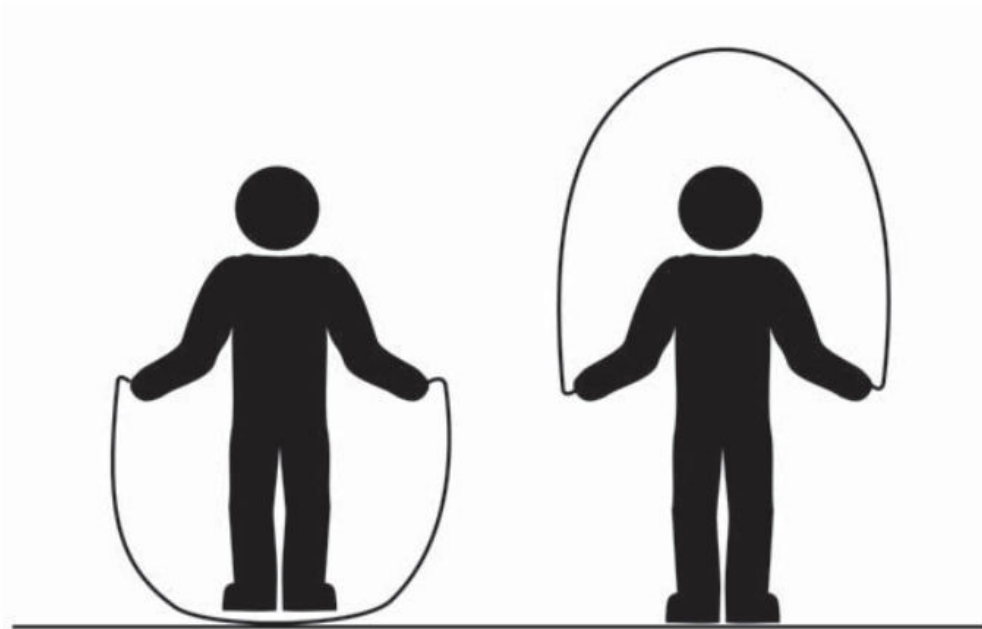
# Single Bounce Bounce

# 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.

