


























































Student # \_\_\_\_\_ Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Grade/Class \_\_\_\_\_ Home Room Teacher \_\_\_\_\_

## 1<sup>st</sup> Grade-Jump Rope Skill Development Check Sheet

*3 Attempts Allowed	9-10 Jumps	7-8 Jumps	5-6 Jumps	4-0 Jumps
<b>Jumps</b> ↓ "V" Trap				
1-handed Side Rope Swing				
2-handed Cross-over Rope Swing				
1-handed Cross-over Rope Swing				
2-handed, Cross-over Rope Swing, then Jump				
2 feet, Double Bounce				
2 feet, Single Bounce				
Right Foot				
Left Foot				
Jogger (in place)				
Jump 1/Cross-Over 1				
Skier				
Beginning Bell (front/back)				
Beginning Straddle ("V")				
<b>Total in each column</b>				
 =	14-12=Mastery	11-10 = Proficient	9-6= Developing	0-5=Needs Improvement