


























































Student # _____ Last Name _____ First Name _____
 Grade/Class _____ Home Room Teacher _____

2nd Grade-Jump Rope Skill Development Check Sheet

*3 Attempts Allowed	9-10 Jumps	7-8 Jumps	6 Jumps	0-5 Jumps
Jumps ↓				
“V” Trap				
2-handed, Cross-over Rope Swing, then Jump				
2 feet, Single Bounce				
Right Foot Hop				
Left Foot Hop				
Cross-Over				
Backwards, single bounce				
Backwards, double bounce				
Skier				
Beginning Straddle				
Advanced Straddle				
Bell (front/back)				
Scissors				
Squat				
Total in each column				
 =	14-12=Mastery	11-10 = Proficient	9-6= Developing	0-5=Needs Improvement