


























































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

### 3<sup>rd</sup> Grade-Jump Rope Skill Development Check Sheet

*3 Attempts Allowed	9-10 Jumps	7-8 Jumps	6 Jumps	0-5 Jumps
<b>Jumps</b> ↓				
2-handed Side Rope Swing				
1-handed Side Rope Swing				
2-handed Side Cross-over Rope Swing				
1-handed Side Cross-over Rope Swing				
"V" Trap				
2 feet, Double Bounce				
2 feet, Single Bounce				
Right Foot				
Left Foot				
Scissors				
Straddle				
Cross-Over				
				
				
<b>Total in each column</b>				
 =	10-12=Exceeds	8-9=Meets	6-7=Needs Improvement	0-5=Below Standard

Student # \_\_\_\_\_

Peer Assessor \_\_\_\_\_