

































































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

3rd Grade-Jump Rope Skill Development Check Sheet

*3 Attempts Allowed	Mastery	Proficient	Developing	Needs Improvement
Jumps ↓				
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				
Jogger (in place)				
Backwards, single bounce				
Backwards, double bounce				
Cross-Over				
Skier				
Scissors				
Straddle				
Total in each column				
	16-14 (col 1 & 2) =Mastery	13-12 (col 1 & 2) =Proficient	11-10 (col 1 & 2) =Developing	9-0 (col 1 & 2) =Needs Improvement

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