


























































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

Kindergarten-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 Side Rope Swing				
1-handed Side Rope Swing				
1-handed Cross-Over Rope Swing				
2-handed Cross-over Rope Swing				
2-handed Cross-Over Swing, then Jump				
2 feet, Double Bounce				
2 feet, Single Bounce				
Right Foot Hop				
Left Foot Hop				
Jogger (in place)				
				
				
				
Total in each column				
 =	11-9=Exceeds	8-7=Meets	6-5=Needs Improvement	0-4=Below Standard

Student # _____

Peer Assessor _____