

4<sup>th</sup> Grade Rubric  
Long Jump Rope

Name \_\_\_\_\_ Class \_\_\_\_\_



Objective	Master	Intermediate	Advanced Beginner	Beginner
<b>Turning Long Rope with a partner.</b>	Can turn 2 ropes Double Dutch fashion correctly while a jumper enters and jumps 5.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn 2 ropes Double Dutch fashion correctly without a jumper 5 revolutions.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn a long jump rope correctly with each hand without cues while a jumper enters and jumps from each side.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn a long jump rope with a partner so a third person can start standing in center of rope.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Jumping Rope(s) turned by two people.</b>	Enter and jump Double Dutch 2 in a row without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter backdoor and jump one rope for 5 in a row without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter front door and jump one rope for 5 in a row without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Jump one rope for 10 in a row without missing and run out.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Perform Tricks in Jump Rope turned by two people</b>	Perform Teddy Bear Rhyme with all actions and no misses.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter jump rope, perform a new trick:  _____ then exit without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter jump rope, turn a complete circle while jumping and touch ground while jumping, then exit- all without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Turn a complete circle while jumping rope without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Each time you do the description in a square, mark the box  at the bottom of the square. You must be able to do each square three times in order to be considered completed with that level. For example, you must “Enter and jump Double Dutch 2 in a row without missing” *three different times* in order to be considered **Master at Jumping Ropes turned by two people.**

5<sup>th</sup> Grade Rubric  
Long Jump Rope

Name \_\_\_\_\_ Class \_\_\_\_\_



Objective	Master	Intermediate	Advanced Beginner	Beginner
<b>Turning Long Rope with a partner.</b>	Can pivot whole rope assembly in a circle while turning Double Dutch while jumper jumps without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn 2 ropes Double Dutch fashion correctly while a jumper enters, jumps 5 and exits without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn 2 ropes Double Dutch fashion correctly without a jumper 5 revolutions.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Can turn a long jump rope correctly with each hand without cues while a jumper enters, jumps 5 and exits front door and back door - without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Jumping Rope(s) turned by two people.</b>	Enter, jump and exit Double Dutch 5 in a row without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter and jump Double Dutch 2 in a row without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter backdoor and jump one rope for 5 in a row then exit-all without missing  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter front door and jump one rope for 5 in a row then exit-all without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Perform Tricks in Jump Rope turned by two people</b>	Enter, Jump and exit Double Dutch Ropes that are pivoting.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Perform another Jump Rope Rhyme with actions or do Teddy Bear in Double Dutch Rope with no misses.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Perform Teddy Bear Rhyme with all actions and no misses.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Enter jump rope, turn a complete circle while jumping and touch ground while jumping, then exit- all without missing.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Each time you do the description in a square, mark the box  at the bottom of the square. You must be able to do each square three times in order to be considered completed with that level. For example, you must “Enter and jump Double Dutch 5 in a row without missing” *three different times* in order to be considered **Master** at **Jumping Ropes turned by two people**.

### Teddy Bear Rhyme

Teddy Bear, Teddy Bear turn around	Turn in a circle while jumping
Teddy Bear, Teddy Bear touch the ground	Touch hand to the ground while jumping
Teddy Bear, Teddy Bear go upstairs	Jump toward a turner (must jump higher because the rope is higher)
Teddy Bear, Teddy Bear say your prayers	Hold hands in praying position
Teddy Bear, Teddy Bear turn out the light	Make hand motion as though turning off a light switch
Teddy Bear , Teddy Bear say “Goodnight”	Wave, say goodnight and run out of rope.

Turning Long Rope correctly: Turners face each other holding the rope with hands on the same side. (One has left hand and one has right hand)  
The rope is then turned counter clockwise to the person who is holding with their right hand.

Front Door: Jumper enters from a position next to the shoulder of the turner. The turner has no rope in the hand on the front door side.

Back Door: Jumper enters from a position next to the shoulder of the turner’s hand *with the rope*.