Jumping rope is a fun, easy-to-learn activity that is appropriate for all ages, and can be done almost anywhere. It provides health and fitness benefits including improved cardiovascular fitness, muscular strength, and endurance. It also stimulates creativity, increases mental alertness, and enhances self-esteem. This Jump Rope Kit is designed for participants to progressively learn jump rope skills at their own pace.

**Materials in this Kit**

- Jump Rope Guide and Tips for Success
- Laminated Station Cards with individual skills on each card
  - Divided into Jump Rope Skills 1, Jump Rope Skills 2, Long Rope Skills 1, and Long Rope Skills 2
  - You can use a dry erase marker to indicate of the number of times a skill should be completed at the bottom of the card
- Four Jump Rope Skill Sheets and “Create Your Own” Jump Rope Sequence Sheet (you may print additional skill sheets as needed)

You may print additional skill sheets as needed, and can use the station cards with a dry erase marker to track of the number of times a skill has been completed at the bottom of the card.

**Using the Jump Rope Kit**

The Jump Rope Kit is progressive in nature; meaning, the previous skill lays the foundation for the next set of skills. It is recommended that participants learn the skills in the proper progression, beginning with “Jump Rope Skills 1.”

1. **Find the skill being learned on the skills sheet or station card**
2. **Review instructions and verbal cues**
3. **Practice the steps and verbal cues without ropes**
4. **Perform the steps using ropes and cues**

**Ideas for Using the Station Cards and Skill Sheets:**

1. Position the Station Cards around a gym, large room, or outdoor space, and have participants rotate from station to station, practicing the skill on the card for a specified period of time.
2. At the bottom of each card, indicate the number of jumps participants should strive to complete without a miss. Example: Blue Level – 10 times; Red Level 20 times; Green Level 30 times.
3. Use the Skills Sheets to allow participants to work independently in their own personal space. Use the directions on the Skills Sheet for students to self-evaluate.
4. Once skills at a one level are mastered, have participants work in groups to create a jump rope sequence using the “Create Your Own” Jump Rope Sequence Sheet.
5. Set up a circuit with the Station Cards. Participants change stations after they have competed a certain number of repetitions for each skill. For example, you might practice the skill for 50 jumps, with only successful jumps counting. Misses are allowed, but don’t count toward the total number of jumps.
Tips for Success

Choosing a Rope
Plastic beaded or linked ropes are easier to use for beginners. Licorice or speed ropes are better for more skilled students. To determine the appropriate rope length, the jumper should stand on the middle of the rope with feet together and extend the rope handles up toward the underarms. A proper length rope is one where the rope handles reach the underarms. General guidelines for rope length are 7-8 feet long for grades K-3, 8-9 feet long for grades 4-8, and 9-10 feet long for grades 9-12 and adults. Double Dutch ropes are typically 12-16 feet long.

Attire
Well cushioned athletic shoes that provide support are recommended. Also, lightweight, loose-fitting shirts with shorts or pants are necessary for freedom of movement. Be sure to wear clothing that will not interfere with the jump rope.

Jumping Surfaces
Wooden floors, like the gym and rubberized surfaces, are the most preferred jumping surfaces. Tile, carpet, asphalt and cement can also be used; however, these surfaces do not absorb impact as well as wooden floors and rubberized surfaces.

Safety Considerations
Jumping rope is fun and easy, but it is also a vigorous aerobic activity. Teachers should carefully monitor participants’ activity. Space between jumpers is also very important to ensure the safety of each participant. Avoid using recreational equipment such as pogo sticks, balls or trampolines while jumping rope as it can be distracting and dangerous. Make sure first aid is available in case of injury.

Warm Up/Cool Down
Begin with some large muscle activities like walking or jogging in place to warm the muscles, and then provide some light stretching. End each jumping session with a cool-down activity and stretching to gradually return the body to a resting state.

Teaching Tips
1. Use music with a strong beat (130-145 beats per minute) to keep participants motivated and jumping
2. Engage with participants, providing feedback and coaching
3. Be enthusiastic
4. Remind participants to work at their own pace
5. Encourage and celebrate participants’ improvements
1-1 Side Swing
1-2 One-Handed Side-Swing Left
1-3 One-Handed Side-Swing Right
1-4 Basic Jump (one side)
1-5 Double Side Swing and Jump
1-6 Single Side Swing and Jump
1-7 Basic Jump on One Foot
1-8 Skier (side to side)
1-9 Bell (forward and backward)
1-10 Straddle (out and in)
Side Swing

1. Twirl rope to one side
2. Repeat on the opposite side
3. Twirl rope alternately from side to side

HELPFUL HINT: Keep hands together, keep feet together
One-Handed Side Swing

1. Hold both handles in right hand
2. Twirl rope on right side
3. Repeat on left side
Basic Jump

1. Start holding rope behind feet
2. Rotate rope over head, and jump with both feet
3. Continue rotating rope under feet
4. Land on balls of feet
5. Repeat motion

HELPFUL HINT: Keep feet, ankles and knees together
Double Side Swing & Jump

1. Twirl rope to left side
2. Twirl rope to right side
3. Jump over rope
Side Side Swing & Jump

1. Twirl rope to left side
2. Jump over rope
3. Twirl rope to right side
4. Jump over rope

HELPFUL HINT: Keep hands together on side swings
Basic Jump on One Foot

1. Jump on only one foot continuously.
2. Land on the same foot that jumps the rope.
**Skier /side to side**
(adaptation of basic jump)

1. Jump feet to the left
2. Land on balls of feet
3. Jump feet to the right

**HELPFUL HINT:** Keep feet together and move them side to side 4-6”
Bell /forward & backward

1. Jump forward
2. Land on balls of feet
3. Jump backward
4. Land on balls of feet

HELPFUL HINT: Feet together and move them forward and back 4-6”
**Straddle** /feet out and in

1. Jump out to a straddle position
2. Return to basic bounce on balls of feet
3. Repeat jump to straddle position

**HELPFUL HINT:** Spread feet shoulder width apart
2-1 Scissors
2-2 Jogging Step
2-3 Straddle Run
2-4 Straddle Cross
2-5 Switches
2-6 Wounded Duck (alternate toes/heels together)
2-7 Crossover (cross arms)
2-8 Full Turn (one complete circle with rope in front)
2-9 Heel to Heel
2-10 Toe to Toe (alternate toe touch)
Scissors

1. Jump to stride position with left foot in front
2. Land on balls of feet
3. Jump and reverse position so right foot is in front

HELPFUL HINT: Feet should be 8 to 12” apart
Jogging Step

1. Step over rope with left foot
2. Land on ball of foot
3. Step over rope with right foot
4. Continue alternating feet as if jogging
Straddle Run

1. Shift weight side to side, keep legs spread.
2. Step over rope sideward toward the left
3. Land on ball of foot
4. Step over rope sideward toward the right

HELPFUL HINT: Keep legs shoulder width apart
Straddle Cross

1. Jump out to straddle position
2. Land on balls of feet
3. Jump in to crossed leg position

HELPFUL HINT: In straddle position, feet are shoulder width apart
Switches

1. Jump to cross legs left over right
2. Land on balls of feet
3. Jump and switch right over left

HELPFUL HINT: Reverse foot position on each turn of the rope
Wounded Duck
alternate toes/heels together

1. Jump, toes in/heels out
2. Jump, toes out/heels in

HELPFUL HINT: Alternate toes touching and heels touching.
Crossover /cross arms

1. Cross arms and jump
2. Land on balls of feet
3. Open rope and basic bounce

HELPFUL HINT: Cross right arm over left, cross left arm over right
Full Turn
one complete circle with rope in front

1. Turn body to left, with right turn of rope
2. Side swing right, body turns right
3. Full turn body makes full turn to right
4. Jump rope forward

HELPFUL HINT: Follow rope, rope and body may turn left
Heel to Heel
(alternate heel touch)

1. Jump and touch left heel in front
2. Jump and touch right heel in front

HELPFUL HINT: Heel touches are forward.
Toe to Toe
alternate toe touch

1. Touch right toe beside foot
2. Touch left toe beside foot

HELPFUL HINT: Keep body over weighted foot
1-1 Single Long Rope Turn
1-2 Turn and Jump
1-3 Single Long Rope Front Entrance
1-4 Single Rope Exiting
1-5 Egg Beater
Single Long Rope Turn

1. Begin with a turner on each side of the rope
2. Turn rope at the elbow, keep upper arm stationary and wrist locked

TEACHING HINT: Keep thumb up and establish a rhythm
Turn and Jump

1. Begin with a turner on each end and a jumper in the middle
2. Tap the jumper’s ankle 3 times before turning the rope over the jumper’s head
Single Rope Front Entrance

**Turner:** Rope must fall forward toward the jumper from the top

**Jumper:** Stand next to a turner, and enter after the rope hits the ground

**HELPFUL HINT:** Turner says “GO” as rope hits ground
**Single Rope Exiting**

1. Jump toward turner
2. Exit rope immediately following jump

HELPFUL HINT: Exit near turner
Egg Beater
(4 turners, one jumper, two ropes)

Turners:
1. Place 2 long ropes in a criss-cross pattern (X)
2. Turn both ropes together toward the jumper for front entrance. Both ropes must contact the floor simultaneously. Practice turning ropes before adding jumper

Jumper: Enter from the front when the ropes hit the ground

HELPFUL HINT: Jumper should stay in the center of the turning ropes
2-1 Double Dutch Turn
2-2 Enter Double Dutch
2-3 Exit Double Dutch
2-4 Basic Jump
2-5 Turnaround
2-6 More Fun With Double Dutch
Double Dutch
Turn

1. Turn ropes using same arm position as single rope turn
2. Alternate turning each rope inward

HELPFUL HINT: Do not overlap hands; keep thumbs up elbows close to the body
Enter Double Dutch

1. Jumper stands next to the turner
2. Jumper enters as back rope hits the ground

HELPFUL HINT: Turner says “GO” as back rope hits the ground
Exit Double Dutch

1. Jump towards turner
2. Exit rope immediately following jump

HELPFUL HINT: Brush shoulder of the turner when exiting
Basic Jump

1. Jumper jumps on both feet and lands on balls of feet

HELPFUL HINT: Keep feet, ankles and knees together; fold hands across stomach
Turnaround

1. Circle to the left doing basic jump

HINT: Circle slowly at first; jump to rhythm of ropes
More fun with Double Dutch

Use skills from other jump rope sheets inside Double Dutch to challenge yourself. Try things like the jogging step, doing turns, even bringing your short rope inside. Get creative!