

Build A Routine: Jump Rope Edition

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3 Basic Jump

2 Bounce Jump

1 Turn & Jump

Skill Difficulty: Foundational Skill Basic Skill Intermediate Skill Advanced Skill

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Jump Rope Ladder

Place a check mark on each trick that you will be doing during your jump rope routine. When you decide the order of the tricks you can add a number next to the checkmark. You can do as many tricks as you want during your routine, but remember the routine should be 30 - 60 seconds long

If you have forgotten the tricks use the QR codes and images below

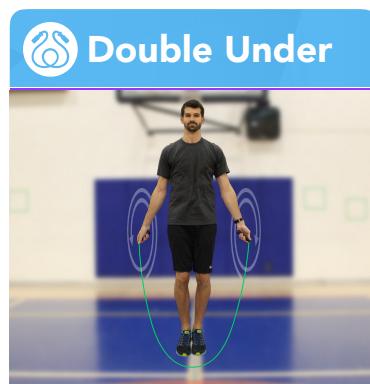


Crossover
Skill Breakdown
1. Start from your basic jump.
2. When the rope is in front of you, cross your arms to have the rope twist.
3. Jump over the rope while it is twisted.
4. When the rope is above you, uncross your arms to untwist the rope.
5. Jump over the untwisted rope.



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Jump Rope Cards



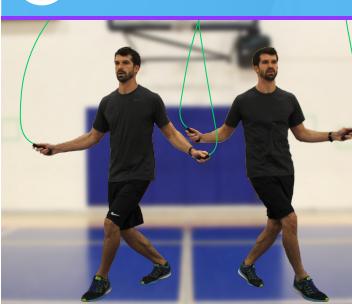
Double Under
Skill Breakdown
1. Perform the basic jump with an extra powerful jump.
2. As you are in the air, turn the rope twice under your feet.
3. Find your rhythm and repeat!



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Jump Rope Cards

 Criss-Cross

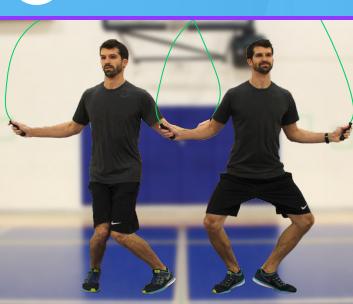


Skill Breakdown

1. Start from your basic jump.
2. On your first landing, land with right leg crossed over your left leg.
3. On your second landing, land with your knees together and toes pointing to each other.
4. Keep alternating as you repeat!



 Wounded Duck

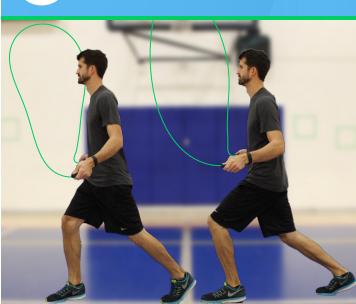


Skill Breakdown

1. Start from your basic jump.
2. On your first landing, land with your knees together and toes pointing to each other.
3. On your second landing, point your knees and toes apart.
4. Keep alternating as you repeat!



 Scissor Jump



Skill Breakdown

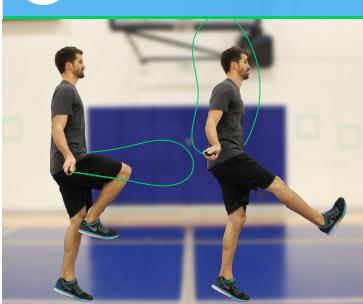
1. Start from your basic jump.
2. Jump and land with your left foot in front of your right.
3. Jump and alternate your feet so that you now land with the right foot in front of the left.
4. Continue alternating your feet.



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Jump Rope Cards

 Can-Can Jump



Skill Breakdown

1. Start from your basic jump.
2. Perform a hop jump by raising your right knee and landing only on your left foot.
3. Land on your left foot again, but kick your right leg straight out.
4. Repeat with the other leg.

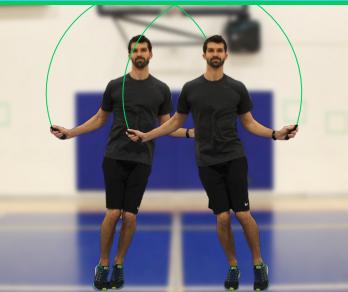


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Jump Rope Cards

Build A Routine: Jump Rope Edition

Skier Jump



Skill Breakdown

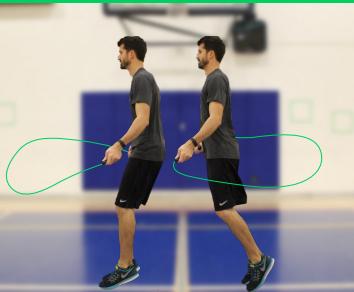
1. Start from your basic jump.
2. Jump and land with both feet to the left of the spot you started from.
3. On your next jump, land with both feet to the right of your starting spot.
4. Continue to alternate, jumping side to side.

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Jump Rope Cards

Bell Jump



Skill Breakdown

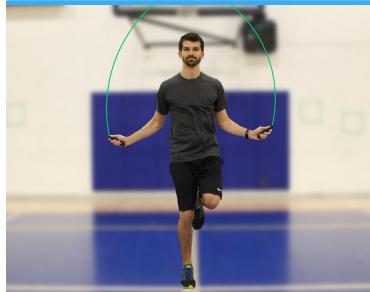
1. Start from your basic jump.
2. Jump and land with both feet in front of the spot you started from.
3. On your next jump, land with your feet behind your starting spot.
4. Continue to alternate, jumping forward and backwards.

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Jump Rope Cards

Hop Jump



Skill Breakdown

1. Start from your basic jump.
2. Jump over the rope off of one foot and land on the same foot (i.e. hop).
3. Continue hopping on that leg until you get tired and then switch feet.

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Jump Rope Cards

Hopscotch Jump



Skill Breakdown

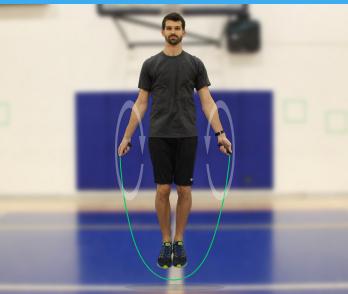
1. Start from your basic jump.
2. Jump and land on your left foot.
3. Jump and land on both feet.
4. Jump and land on your right foot.
5. Jump and land on both feet.
6. Repeat this pattern!

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Jump Rope Cards

Backwards Jump



Skill Breakdown

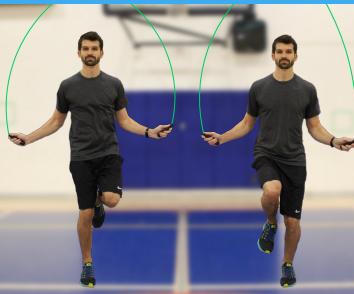
1. Start with the rope at your feet in front of your toes.
2. Turn the rope backwards making sure to jump over it on every rotation.

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Jump Rope Cards

Runner Jump



Skill Breakdown

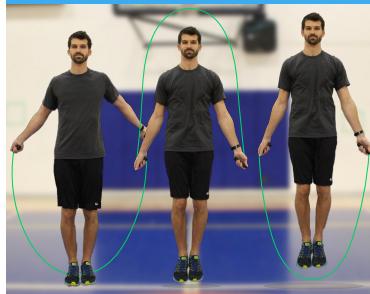
1. Start from your basic jump.
2. Alternate your landing foot on each jump (i.e. land on your right foot after one jump and then land on your left foot after the next one) as if you were running on place.

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Jump Rope Cards

Bounce Jump



Skill Breakdown

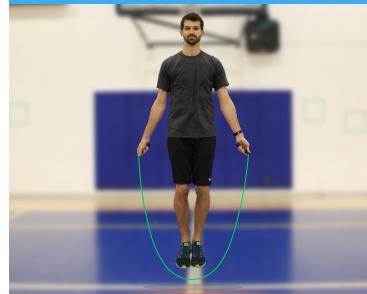
1. Start with the rope at your feet, by your heels.
2. Turn the rope and jump over it as it passes under your feet.
3. Keep turning the rope slow enough so that you can "bounce" in between each jump.

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Jump Rope Cards

Basic Jump



Skill Breakdown

1. Start with the rope at your feet, by your heels.
2. Turn the rope and jump over it as it passes under your feet.
3. Keep turning the rope fast enough so that you are jumping once for every rotation.

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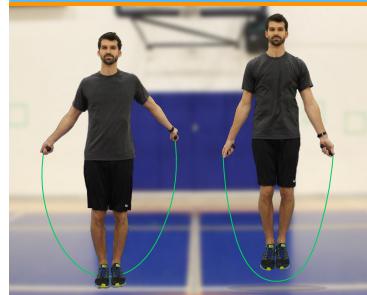


Jump Rope Cards

Remember: If you have forgotten the tricks use the QR code to watch a video demonstration of the trick. You will need an iPad or a device with a QR Reader to see the video.

Happy Creating & Happy Jumping!

Turn & Jump



Skill Breakdown

1. Start with the rope at your feet by your heels.
2. Turn the rope and jump over it as it passes under your feet.
3. Set the rope back at your feet by your heels.
4. Repeat.

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Jump Rope Cards