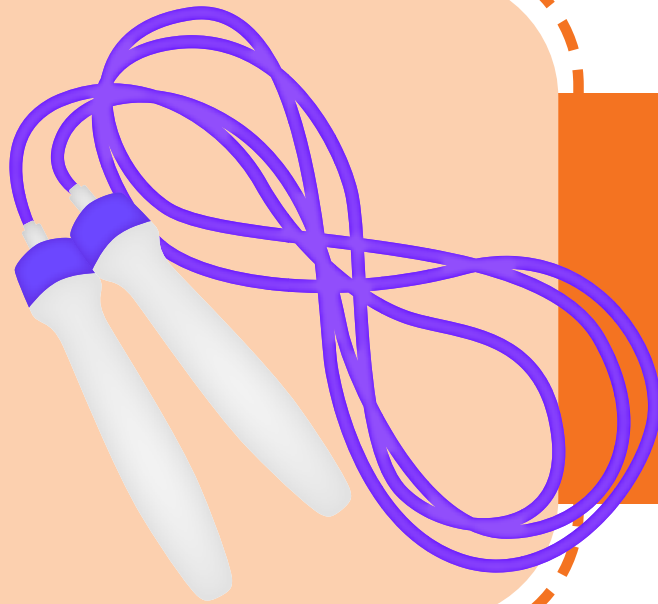


# JUMP ROPE SKILLS

Equipment Needed: Jump Rope



## Basic Jump Rope Skills

<https://www.speedstacks.com/teach/pd-activities/basic-jump-rope-skills/>

Lay the jump rope in a straight line on the floor and practice these basic jumping skills:

- **Single Foot Hop:** Using only 1 foot, hop back and forth over the jump rope from one end to the other
- **Bell:** Stand with the jump rope laid in front of you. Do a two-foot hop back and forth over the rope.
- **Skier:** Using two feet, hop from side to side over the rope from one end to the other.
- **Jogger:** Jog along the length of the rope keeping the rope between your feet

Now try all of these jumps while holding the handles and swinging the jump rope over your head!

## Intermediate Jump Rope Skills

<https://www.speedstacks.com/teach/pd-activities/intermediate-jump-rope/>

While holding the jump rope handles and swinging the rope over your head, try these different types of hops:

- **Skip:** Alternate these three hops with each turn of the rope - two feet together, right foot kick, left foot kick, repeat sequence. Try it with hopping on one foot instead of two.
- **Front Straddle:** Alternate these three hops with each turn of the rope - two feet together, split legs with right foot forward, split legs with left foot forward.
- **Side Straddle:** Alternate these three hops with each turn of the rope - first with legs together then jumping with legs spread apart side to side. Try it crossing your legs when they come together!