

Jump Rope Routine



Practice the 10 jump rope tricks listed below. When practicing, first do the footwork for the trick without a rope. Then add the rope in once you have mastered the footwork. Once you have tried all 10 select 5 or 6 and create a routine.

#1	Skier – Pretend that your feet are tied together. On the first turn of the rope, jump sideways to left. On the second turn, jump sideways to right.
#2	Bell – Similar to the Skier but on the first turn of the rope, jump forwards. On the second turn of the rope, jump backwards.
#3	Side Straddle – Begin with feet together. On the first turn of the rope, jump and spread feet apart sideways then jump back together for the second turn of the rope. Change with every jump. Cue: Apart- Together-Apart-Together
#4	Forward Straddle – Similar to Side Straddle but on the first turn of the rope, jump with right foot in front of left. On second jump, left foot should be in front of right (scissors). Cue: Front Straddle-Switch-Switch
#5	“X” – The “X” is done by spreading feet apart sideways for the first turn of the rope. As the rope comes around for the second time, cross feet, one in front of the other. Spread feet again on the next count, cross other foot in front. Cue: Straddle-Cross-Straddle-Cross
#6	Front Cross – Stand with feet together with the rope at the back of your heels. Bring the rope slowly over head crossing arms at the elbows. Jump through the loop. On the next turn of the rope, open arms and jump the rope. Start slowly, you will get faster with practice.
#7	Twister – Jump with your feet together. On your first jump twist only the lower part of your body to the left keeping your shoulders facing forward. Return to face forward, jump again and twist lower body to your right side. Cue: Left-Front-Right-Front
#8	Use a running step, one jump/one step. Step over the rope with left foot. Step over the rope with right foot. Alternate footwork. Think of jogging on the spot.
#9	Rocker – Jump forward to put weight on front foot. Shift weight to back foot and jump rope. Alternate jumps with the body weight shifting forward and backward.
#10	Peek-A-Boo – Begin in the basic position. On the first turn of the rope, one foot stays in the basic position while the other foot is placed out sideways about 30 cm. Repeat on each turn of the rope changing feet each turn.

List the 5 tricks you will include in your routine and the order you wish to do them.

1	2	3
4	5	6

Practice your routine, add some music. When you're ready, perform your routine for family members.