

Name _____

Class _____

KCavaioi Bolton 12/00

Jump Rope Pyramid

These are the 4 skills I will do in my routine.

Pepper is fast speed or single speed with no bounce between jumps.

I performed a routine of 4 different skills 4 times each. _____

I jumped 10 times, in a row, on my right foot, pepper. _____

I jumped 10 times, in a row, on my left foot, pepper. _____

I jumped 10 times, in a row, backwards, pepper. _____

I jumped 10 times, in a row, on my right foot. _____

I jumped 10 times, in a row, on my left foot. _____

I jogged 20 times in place. _____

I jogged 20 times while moving. _____

I jumped backwards 10 times. _____

I jumped 10 times, forward, single speed. (pepper) _____

1. _____
2. _____
3. _____
4. _____