

# Florence Sawyer School Physical Education Jump Rope Thermometer

Name \_\_\_\_\_ Class \_\_\_\_\_

You will be practicing jump rope skills this year. Occasionally I will observe you to check your progress. When you reach a level, I will draw a line on the thermometer and put the date beside the line. Color in the thermometer up to the line.

Date \_\_\_\_\_

\_\_\_\_\_ Extending - I can jump 50 times in a row. I am ready to try new skills. Jumping this many times is a good workout for my muscles, heart and lungs.

\_\_\_\_\_ Achieving - I can continuously swing and jump the rope 25 times in a row. Jumping rope makes my body strong and healthy.

\_\_\_\_\_ Developing - I can swing the rope over my head and jump 5 times in row. Jumping rope makes my brain work to make my body parts work together.

\_\_\_\_\_ Beginning - I can swing the rope over my head and jump over it. My arms need to learn to swing and my legs need to learn when to jump.

\_\_\_\_\_ New - I am new at this and I know that if I keep trying I will get better. I need to bring the rope over my head, to the ground, and then I need to jump over it.