

Jump Rope Skills Checklist

Jumper Name: _____ **Judge:** _____

Directions: Each skill must be completed the designated number of times in order to receive points. Write the points on the line if the jumper was able to perform the skill without fail, otherwise put an X on the line.

Skill			Attempt 1	Attempt 2
Basic Jump (single bounce)	8x	1pt.	_____	_____
Basic Jump (double bounce)	5x	1pt.	_____	_____
Jogging Step	8x	1 pt.	_____	_____
Rocker	6x	2 pts.	_____	_____
Skier	6x	2 pts.	_____	_____
Straddle-Together	3x	2 pts.	_____	_____
Charlie Brown	4x	2 pts.	_____	_____
Heel to Heel	8x	2 pts.	_____	_____
Straddle Cross	5x	2 pts.	_____	_____
Heel-to-Heel-Together	4x	3 pts.	_____	_____
Double Under	5x	3 pts.	_____	_____
Matrix	4x	3 pts.	_____	_____
Can Can	4x	3 pts.	_____	_____

Totals (25 pts.) _____

Grade _____

.....

Attitude

Positivity <i>(A good attitude)</i>	1	2	3
Perseverance <i>(Doesn't give up)</i>	1	2	3
Kindness and Respect <i>(Helpful to others)</i>	1	2	3

Total _____
Grade _____

.....

Enthusiasm

Energy <i>(Positive, Manners, Excited)</i>	1	2	3
Leadership <i>(Helpful, Respectful, Reaches out)</i>	1	2	3
Interest in the Sport <i>(Wants to learn more!)</i>	1	2	3

Total _____
Grade _____

.....

Skill	Attitude	Enthusiasm
20-25 A	8-9 A	8-9 A
15-19 B	6-7 B	6-7 B
10-14 C	4-5 C	4-5 C
5-9 D	2-3 D	2-3 D
0-4 F	0-1 F	0-1 F

Final Grade: _____