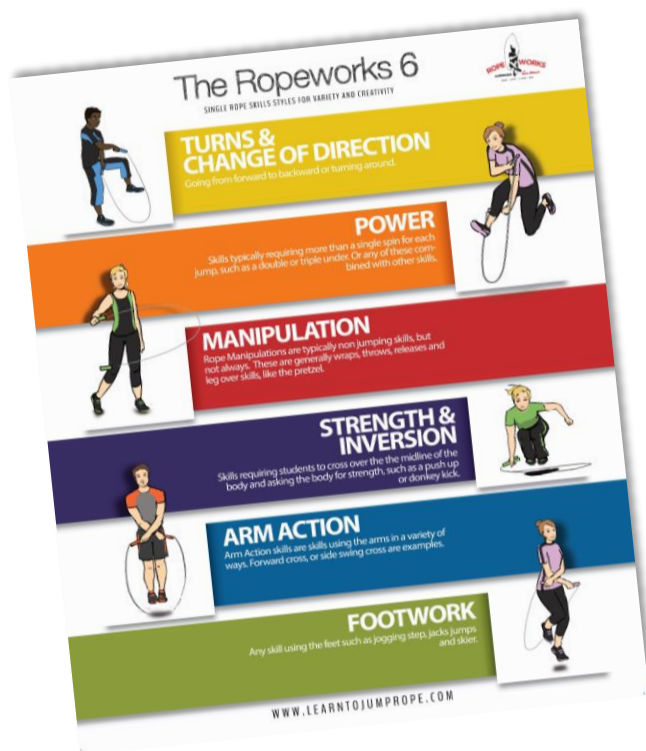


SKILL CARDS

Your jump rope skill cards represent 6 different styles or *types* of jump rope skills, color coded for ease of use and creative activities. The wide range of type, difficulty levels and required steps to success will help retain student engagement and oftentimes lead to longer bouts of practice. The 6 types of skills are:

- **Turns & Change of Direction:** Turning around or changing the direction of the rope (such as from forward to backward jumping or a full 360 degree turn) Yellow
- **Power:** Also known as “Multiples”. Any skill where the rope passes under you more than one time per jump. (I.E: double under or triple under) Orange
- **Manipulation:** Rope spins, releases and creative ways to use the rope, oftentimes without jumping over the rope. Maroon
- **Strength and Inversion:** These skills often use body weight, or displacement such as a squat or push up. Oftentimes they require more strength to perform them. Purple
- **Arm Action:** Any skill where the arms are not placed in their typical position. Examples would be crosses, or side swing crosses. Blue
- **Footwork:** Anything done with the feet such as skiers or jack jumps. Green

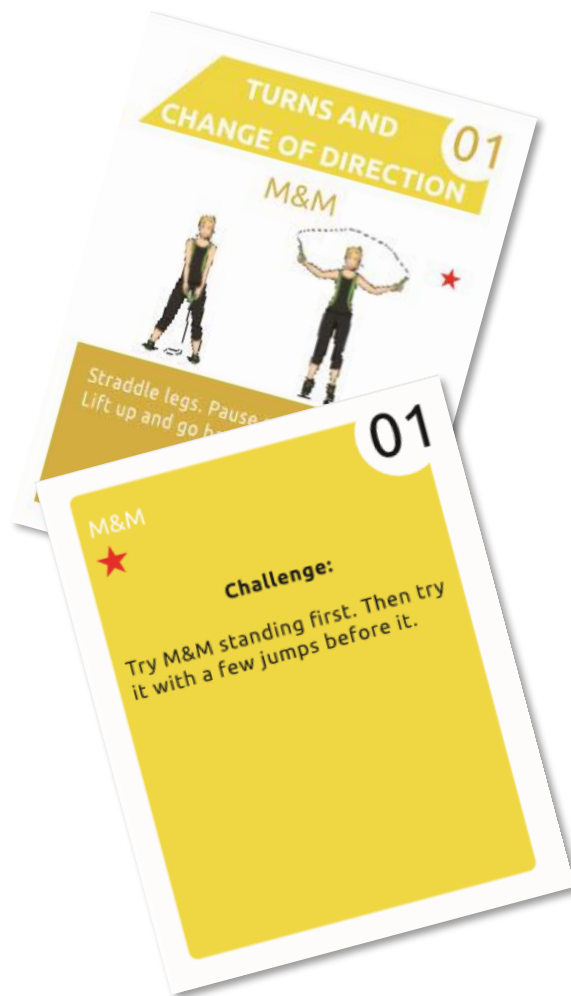


There are 92 total skill cards, and each category will contain a different number of actual skills.

- ☐ Turns/Change of Direction: 14
- ☐ Power: 9
- ☐ Manipulation: 18
- ☐ Strength and Inversion: 16
- ☐ Arm Action: 12
- ☐ Footwork: 23
- ☐ Challenge cards: 9

ABOUT - SKILL CARDS

- ❑ The cards are numbered in order of general difficulty within each type.
- ❑ Each card includes a hand drawn image of the skill being performed along with basic written instructions.
- ❑ All skills are performed through our online video library. Your skill cards purchase provides you with lifetime access to the video demonstrations.
- ❑ In addition to the numbering system, each card provides a relative difficulty rating from 1-5 using red stars in the upper left corner. One red star is considered least challenging and the max 5 stars would be considered most challenging for most.
- ❑ Most cards provide a challenge on the backside of the card. This helps with differentiation for students who are ready to progress.

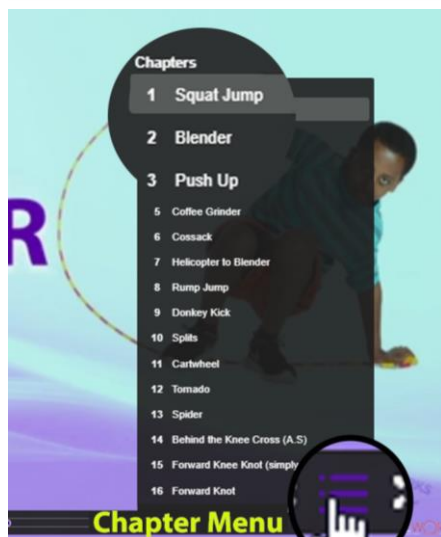


VIDEOS

Every skill card has a complimentary demonstration video available online as part of your skill builder card system. Videos are listed by type and are color coded for ease of use. Use the chapters icon (bottom right) to jump to your desired video.



Scan the QR code to go to the video library or follow the link below.
www.learntojumprope.com/skill-cards



VIDEOS

I've included two format options for ease of use and flexibility:

1. **Video Library by TYPE** –In this format your videos are organized into type (color coded). Simply click on the type of skill your students are working on and use the chapter menu in the (bottom right-hand corner – see image) to find the video of interest. Alternately, you may choose to start at the beginning of the video and show a few skills of the day from that color/type. It is all a matter of personal preference. www.learntojumprope.com/skill-cards.
2. **Animated GIFS page:** If you would like to show all of the skills at once, you'll want to pull up the animated GIFS page for an at-a-glance snapshot of all skills. You'll see an animated gif of the skill plus any additional challenges associate to that skill. www.learntojumprope.com/skill-card-gifs

*You will need your log in credentials to access these resources.

*All videos are demonstration only and not instructional. The Complete Skill Builder System™ provides a full breakdown of each skill with verbal instructions and mnemonic devices.

NEW! ANIMATED GIFS

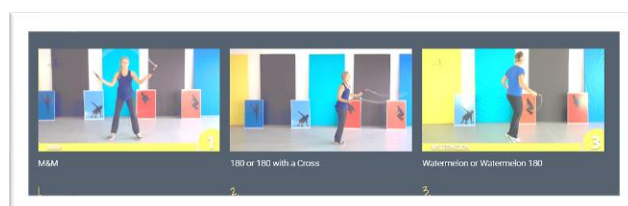
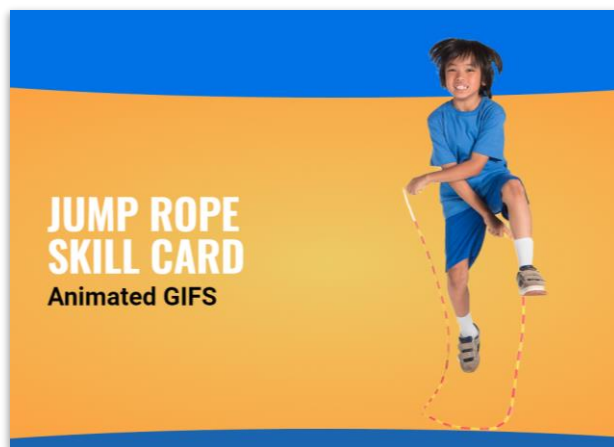
Would you like to see a snapshot of your entire video library? Check out the **new** ANIMATE GIFS page!

- ☐ All skills from each category will display simultaneously
- ☐ Challenge routines customized by Rene in a success-oriented progression.
- ☐ Works great for a quick reference check when working with skill card activities.



Scan the QR code or follow the link. You must have your log in credentials to gain access.

www.learntojumprope.com/skill-card-gifs



**Page is currently under development!*

ACTIVITIES

Jump Rope Skill Cards provide endless possibilities for creating fun challenge and practice opportunities for your students. The following activities provide gamification and autonomy and allow your students time to creative ways to practice and broaden their skill vocabulary.

Getting Started Jumping Rope:

I suggest you begin your program with the **fundamentals of rope jumping** skills followed by my success-oriented **starter skills set**. This series is designed to teach a range of skills to build a base. (end of section)

Once you've created a base, you will have the freedom to explore the Skill Card activities to suit your needs, interest and abilities of the students in your program.

Use the various color codes to ensure you are "mixing it up" and use the difficulty indicator to choose skills (or allow your students to choose) appropriate to their skill level.

Use the cards in station or small group work, mix-n -match to create short routines or blend two or more cards together to create a new skill.

The last 9 cards in your deck are CHALLENGE CARDS. These provide some fun ways to mix things up and provides educators with more ideas for challenges.

The images on the cards use real body positions and the best poses to help students understand the mechanics and progressions. That said, not all skills translate as easily on paper and your students may need more support. In that case, you may choose to use the videos and animated gifs to support you and your students.

Grade Level Outcomes

SHAPE America grade level outcomes can be a starting point to help guide in your jump rope programming. Our lessons will cover the grade level outcomes and more for those who are eager to build their program further. As always use your best judgement to suit the needs of your students and school. Here are the grade level outcomes specifically related to jumping rope:

Kindergarten

- Can do a single jump over a self turned rope
- Can jump a long rope with a teacher turning

First Grade

- Jumps forward and backward consecutively with a self turned rope
- Jumps a teacher turned long rope 5x consecutively

Second Grade

- Jumps a self turned rope forward and backward consecutively
- Jumps a long rope turned by classmates 5x in a row

Third Grade

- Performs intermediate jump rope skills
- Can run in and out of a long rope

Fourth Grade

- Creates a jump rope routine with either a short or long rope

Fifth Grade

- Creates a jump rope routine with a partner using a short or long rope

PRE-JUMP & FOUNDATION BUILDERS

Pre-Jump Poses: Eagle & Ready Position

Setting up for success means starting with proper positions - Eagle & Ready Position. I suggest you start each class with a few swing and stop drills to reinforce proper arm spin which is crucial to successful rope jumping.



Eagle

Eagle pose puts the rope behind the body and low on the ground where it belongs. It sets up for Ready Position. To perform the Eagle step in front of your rope, feet together and arms stretched out down and low. Check that arms are straight.

Purpose: Some students struggle getting to Ready Position with the rope low and near calves. This solves the problem quickly. Simply say “Show me Eagle” .



Ready Position

To properly spin the rope, you need to start in Ready position. Start with Eagle then extend your arms out in front of you. Pull the rope tight against the back of your legs. Click your handles together in front of you. This pose sets students up for a proper rope turn.

Purpose: Ready position is the optimal position for initiating the first spin of the rope and should performed before doing anything, after a miss or before starting a skill. **Always** start in ready position!

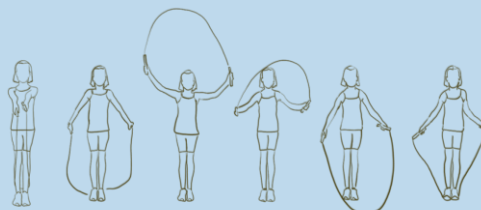
Rope Swing Drill

Spinning the rope properly is one of the most important aspects of jumping rope, yet often the most challenging. Here are is a simple drill to train proper arm swings.

Swing & Stop – both directions

This drill will help reinforce proper rope spin boost confidence and help warm up for the day.

Start in Eagle, then Ready Position. From Ready Position, swing the rope downward, then over the head until it hits the ground in front of your toes. When it does, reach your arms way back and go the other direction (backwards) Return to Ready Position and Repeat 10 times



Visit <https://learntojumprope.com/lessons/> to see some basic starter skills for all kids and examples of the above drills.

STARTER SKILLS

The following is a list of skills I always teach first. They range in variety and difficulty level. I suggest you teach these skills first.

Swing n Stop
 Bunny Jump
 Basic Bounce
 Standing M&M / Jumping M&M
 Jog N Jump *
 One Foot Hop
 Cross
 Walk the Dog

BUNNY JUMP, THEN BASIC BOUNCE

Bunny Jump

Initially, very young jumpers (4-6) will typically progress from "Swing, WAIT, Jump" to this jumping style. The rope will spin slowly and taking resting bounces between each spin of the rope. Once your young jumper can perform 20 "Bunny Jumps" in a row, progress to the "Basic Bounce" (see video above)

Basic Bounce

Performing the "Basic Bounce" is the goal. This technique involves a fast spin of the rope (120-150 bpm) and only jumping one time for every spin (with no resting bounces between rope spins)



SKILL CARD EXPLORATION

ABOUT:

This activity is an exploration of the variety of skills you can perform while jumping rope. It gives quick exposure to a wide range of skills and allows students to explore skills of interest. When selecting your 18 skills, keep the general ability level or age range of your class in mind. Even if you choose simple skills, the backside of the cards should provide sufficient challenges for students who master things quickly. In addition, you may choose to discuss the difference between comprehension, acquisition and proficiency and then encourage your students to “level up.”

The purpose of this activity is to expose students to a wide range of jump rope skills in a short amount of time. Early lessons should focus on teacher led instruction, but skill card exploration is just FUN for students, allowing them to explore skills with freedom. And many students will surprise you at how much they can learn from simply looking at the cards.

STEPS:

1. Choose 18 different age appropriate skills (3 from each type).
2. Use the two bonus card holders from the binder and fill the two sheets with your 18 chosen skills.
3. Distribute the sheets throughout the room.
4. Direct your students to explore the various skills and choose one or two of interest.
5. Have students practice their chosen skills for 2-3 minutes before moving on.

NOTE:

Some skills are easier to understand than others by simply reviewing the image on the card. To assist, educators may choose to have a device on hand (ipad, projector, iPhone) with the animated gif page pulled up to instantly view the skill in action. Allow time for students to share with others or teach their skill to a classmate.

Choosing Age/Grade Appropriate Skills:

You can use my guide at the back of this section, or use the RED STARS which indicate a general difficulty rating.

Growth Mindset:

During demonstrations, educators may choose to provide feedback as it relates to effort, willingness to make mistakes, persistence, grit, and effort. When we focus on effort, results follow.

Variations:

- Students teach their skill to the rest of the class.
- Encourage students to attempt 3 different TYPES of skills (different colored cards) in a predetermined amount of time.
- Allow students to collaborate with a partner or in small groups as a station.
- Students must first show their skill to someone else before choosing a new skill to try. -
- The skill card exploration can be modified by distributing the cards in a variety of diverse ways:
 - By difficulty
 - By type
 - Randomized

TEACH ME

ABOUT:

Peer to Peer mentoring can provide a powerful experience for students, especially when students are given explicit leadership instructions. This activity helps expose students to a wide range of skills in a brief period of time and emphasizes empathy amongst students classmates. The “Teach Me” lesson will provide exposure to a range of new skills in a fun format and though not all skills may be acquired immediately, it will build an understanding of what’s possible and hopefully ignite interest. The participant in the “teaching” role will have the added bonus of practicing their skill repeatedly increasing understanding and competency.

Being a teacher:

I always start this lesson by explaining what it means to be a Teacher:

A Teacher provides support, encouragement, and feedback with instructions appropriate to their students. Not all teachers are a master at every topic they teach, but that is ok. A teacher can help problem solve, share resources, and inspire their students to be their best.

In this lesson as the teacher, I want you to remember that. You may not be a master, or even know how to perform the skill you are teaching, but what you can do is help problem solve and provide lots of encouragement. You can work WITH your student and be there to provide support!

STEPS:

1. Distribute cards to half of your class. Those students with the cards will play the role of “teacher”. Everyone else will be “students”.
2. Direct the students to partner up with a teacher and begin working together on the assigned card. Remind your teachers to show curiosity, empathy, support and encouragement. (or other characteristics fitting to your students)
3. After 2-3 minutes of practice time, have your students find a new teacher to work with.
4. The person in the teacher role continues teaching the same card to each new student.

Variations:

- “Teachers” may do research by watching the animated GIFs page and then returning to provide more instruction or support.
- All student receive a skill card and take turns teaching each other.
- Create a short routine from three of the skills you learned today.
- Add a challenge layer (see list “Challenge Layers”) to any skill you have learned to make it more complex and exciting. This would be appropriate for more experienced jumpers.

SKILL CARD STATION & GOAL BOARDS

Skill Card Station

1. Place up to 9 different skills in a binder sheet and post those skills on the wall.
2. Provide 10 minutes for students to practice the skills at their station.

Variations:

Other stations can be running simultaneously such as fitness, long rope, teacher focused supported or other manipulatives like juggling or cup stacking.

Goal Boards:

1. Choose a few popular skills such as: Basic Bounce, Bunny Jump, Jogging Step, One-Foot Hop, Crosses and Double Unders.
2. Create a poster board and attach the skill card to the top.
3. Students may sign the goal board once they can do the perform the skill. You may also choose to require a set number of repetitions such as 5 Crosses, or 10 Basic Bounce.
4. Instruct students to add challenge layers to skills they master quickly.

ROPEWORKS JUMP ROPE CHALLENGE LAYERS

- ☐ **Backwards:** Perform the current skill while turning the rope backwards instead of forward.
- ☐ **Add a Cross:** Perform the skill while doing a cross with your arms or continuous crosses.
- ☐ **Add a Double Under:** Perform the skill and find a way to add a double under to it.
- ☐ **Move through Space:** Perform the skill while moving through space; diagonal, zig zag, sideways – you decide.

More Challenges

- with eyes closed
- X your age – no mistakes
- 10X – no mistakes
- with perfect posture
- Combine with another skill
- doing it fast
- in perfect unison with another person
- For 30 seconds no misses

Add any of these layers on top of an existing skill that you've mastered. Additionally add two or three layers for a major upgrade. Make sure you can master the base skill first.

FORTUNE COOKIE

1. Create a fortune cookie box (shoe box) and fill the box with grade level appropriate skills.
 2. Split students into teams of 10-12.
 3. Students from each team take turns running to the fortune cookie at the center of the room and pulling out a card and bringing it back to the group.
 4. All students practice the skill 10 times each (all at once) The skill does not need to be achieved, just practiced and everyone should break it down in their own way. (IE without a rope, or step-by-step)
 5. Once all students have indicated they are done practicing (by doing jumping jacks, or other fitness related activities) a new runner acquires the next skill from the fortune cookie.
 6. You can gamify this as you see fit but be careful that students will rush the learning phase or pressure others to rush. Use your best judgement depending on the nature of your class.
- See variations for gamification.

Variations:

- The first team to complete 3 skills wins. (at least one person from the team, or everyone)
- The first team to complete 3 skills and have all three skills demonstrated by a representative team member win.
- As an instant activity, perform each skill 3 times without a rope, and the first team to do 5-10 skills win (more aerobic and fast paced)

BINGO

1. Create BINGO sheets to with different skills listed in each square. Also create a square called “mastery.”
2. Put the skill cards that match your BINGO into a pile (don’t create a card called mastery).
3. Have a BINGO caller pull and announce the first card in the pile.
4. All students must practice the skill for 10 seconds and those who have the skill on their card may cross it off their BINGO card. Any student who performs the skill without a miss, may also check off the “mastery” box.
5. Continue the game until someone completes BINGO.
6. Shuffle the cards and deck and repeat.

RULES for Team Play:

- All Students on the team must try each skill 3 times before placing a marker on their spot.
- After three attempts by all team members, the team may place a marker on the respective spot and return for another skill card.
- If someone on your team masters the skills, they can put a marker on any mastery spot.
- The first team to get bingo wins.

JUMP AROUND THE GYM

1. Students pair up and face each other around the perimeter of the gym. One partner is the reader and the other is the jumper.
2. The reader reads the skill card and shows it to their partner, giving encouragement and ongoing suggestions. The other works hard to achieve the skill.
3. On teacher's command, students set the skill card down, and move over one slot to learn a new skill and switch roles.

- Variations:
- Have students do the skill with no rope, as a fun and silly warm up. Allow students to switch roles as desired.
- One partner tries the skill with no rope and the other jumper must figure out what they are doing and perform it with a rope.
- Practice the skill for the entire length of a song.

CREATE A ROUTINE

Use your skill cards to create short routines for your students to string together or allow students to make their own creations. In this case, it would be more suitable to have multiple copies of each skill card. Alternately, you could provide blank note cards for students to write down their selected skill.

1. Pull all the suggested grade level skills from the notebook and place them for students to view.
2. Have students choose 3-5 skills to create a routine. (They can write the routine or memorize it)
3. Allow practice time and demonstrations.

Variations:

Mix and match skills to create a new skill (IE cross and one-foot hop performed together)

Students choose from three different colors (types) IE

Students only choose from one color type

Read the back of the card for other ideas to make the skill more exciting.

Skills can be in a pile and students choose randomly v free choice.