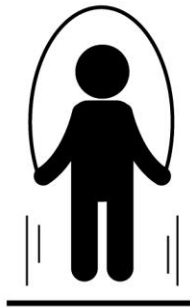


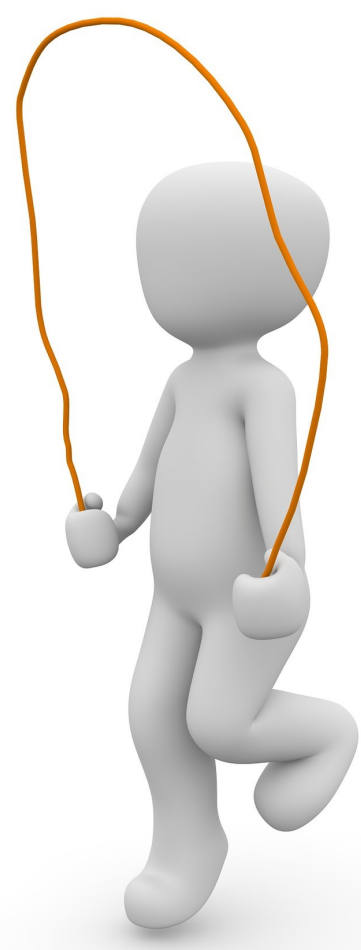
# JUMP ROPE CHALLENGE Cultus Lake Community School

**Beginner** - if you have trouble reaching the higher numbers, then try counting by 5s

Basic	Count	5	10	15	20	25	30	35	40	45	50
Single Bounce	X 1s or 5s										
Double Bounce	X 1s or 5s										
Back - wards	X 1s or 5s										
Hop	X 1s or 5s										
Skier	X 1s or 5s										
Bell	X 1s or 5s										
Jogger	X 1s or 5s										
Rocker	X 1s or 5s										
Free - style	Free Choice										
Partner Jump	2 people 1 rope										



Get your feet jumpin' and your heart pumpin'!



# JUMP ROPE TRICKS



## Basic

Single bounce  
Double bounce  
Backwards  
Hop  
Skier  
Bell  
Jogger  
Rocker

## Intermediate

Skip  
Front straddle  
Side straddle  
Straddle cross  
Side swing  
Double side swing  
Criss cross

## Advanced

180 and 360  
Toe to toe  
Heel to heel  
Side cross swing  
Cowboy  
Double under  
Elevator  
Wounded duck