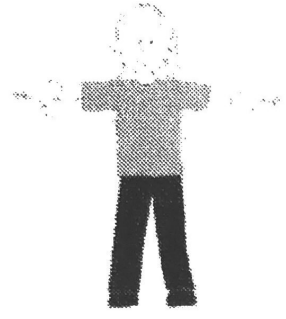


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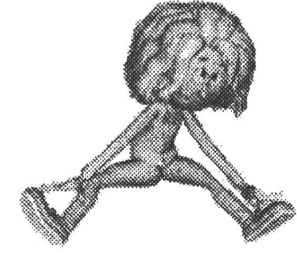
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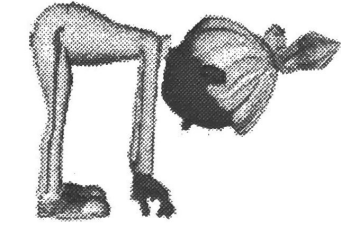
20 Arm Rotations



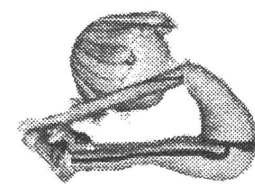
8 Straddle
Jumps



12 Standing
Toe Touches



Hold a Sit & Reach
for 15 Seconds



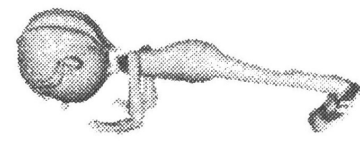
10 Curl Ups



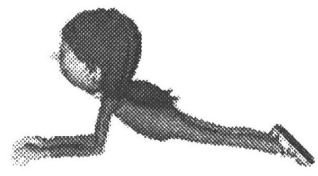
15 Sec. Butterfly
Stretch



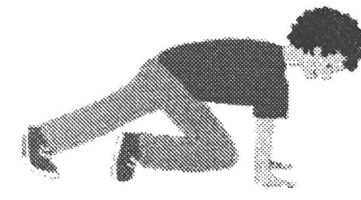
10 Push Ups



Hold a Plank
for 15 Seconds

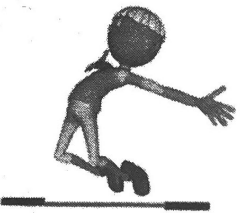
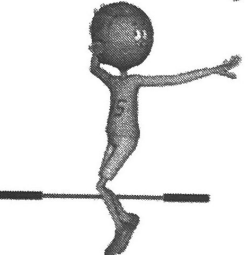
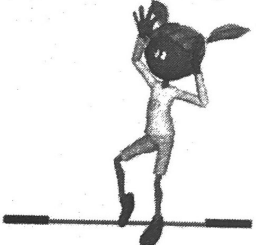
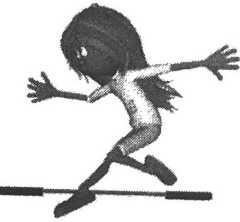



15 Mountain
Climbers



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Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
<p>1. Long Jump</p> 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far as possible down the rope- measure ✓ Repeat and try to go farther- 5 jumps 	<ul style="list-style-type: none"> ▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed 	<p>STAND SQUAT JUMP</p>
<p>2. 2 Foot Jump</p> 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion 	<p>JUMP JUMP JUMP</p>
<p>3. 1 Foot Hop</p> 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced 	<p>HOP HOP HOP</p>
<p>4. Criss-Cross</p> 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross 	<p>JUMP CROSS JUMP CROSS</p>
<p>5. 1/2 Turn Over</p> 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Do not go too fast 	<p>JUMP TURN JUMP TURN</p>

Level 1 - Rope on Ground