Jump Rope Skills
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• Introduction

Jumping rope is a fun fitness activity that is shared all over the world. It is an indoor/outdoor activity that needs little space or equipment. There are many benefits to jumping rope. Such benefits are:

a) It is one of the fastest ways to improve physical fitness.
b) It is excellent for the upper body, the core, and the lower body.
c) Improvement of gross and fine motor coordination, agility and fluidity of movement, flexibility, and lateral movement, while improving rhythm, speed, timing, and balance.
d) The focus on building achievement and enhancement of self-esteem.
e) It is ideal for all ages and grade levels.

• Materials

The classroom materials for the jump rope lesson should include:

a) A class set of short 9’ jump ropes (25)
b) A class set of 11’ Double Dutch ropes (12)
c) A flat, preferably smooth, surface such as a gymnasium, shelter or basketball court.

• 30 Minute Lesson Ideas

a) Encourage students to practice all learned skills
b) Observe each students’ skill level
c) Teach two to four different skills per class period, depending on the ability and range of skill levels
d) Each student should work at his/her own pace and ability level while learning each skill.
e) Move among the students, addressing individual needs
f) Encourage and challenge students to be active participants
g) Checklists or skills sheets can be used for assessment of students (See Appendix)
**Single Rope Instruction**

The teacher should first introduce cues for the students to begin and to stop. This helps to allow for maximum control of the environment. Examples of cues may be the use of music (when the music begins, the students begin... music stops, students stop), whistle (one whistle... students begin, two whiles... students stop). The teacher may have the students sit down as a means of stopping the activity to prepare for the next activity. Students may warm up with stretching and free rope jumping to the music.

A. Distribution and Sizing of the Jump Rope

Once the students have their jump rope in hand, they should immediately size their rope to fit them. This is done by bringing the handles to your shoulders. If the handles reach your ears, the jump rope is too long. You can shorten the rope by tying a loose knot below each handle of the jump rope. Repeat this process until the rope shortens to your shoulders.

If the rope handles are closer to your waist, the rope is too short and should be replaced.

The students, after sizing their jump rope, should fold rope in half and lay it on the floor in front of them.

B. Introduction to jumping (Double Bounce)

Double Bounce:

Without ropes in hand, have the students practice their double bounce by controlled jumping. An example would be to have the students jump rhythmically. A classic rhythmic pace can be “tick... tock... tick... tock...” After practicing the rhythmic jumping, have the students practice turning the ropes over their body and catching the rope under their feet. Lastly, have the students jump over the rope as it turns toward their feet using the “tick... tock...” rhythm.
C. Introduction to jumping (Single Bounce)

**Single bounce:**

Without ropes in hand, have the students practice their single bounce by controlled jumping. An example would be to have the students jump once on the whistle. Repeat… Jump twice on the whistle. Repeat… Do this up to the count of five jumps.

Then, also without ropes in hand, have the students demonstrate the action of turning the rope over the body by rolling the wrists once after the whistle. Repeat… Roll the wrists twice rapidly after the whistle. Repeat… Do this up to the count of five turns of the wrist rapidly.

Lastly, combine a jump with the rotating of the wrist simultaneously after the whistle. Repeat… Then, have the students perform the action twice rapidly, after the whistle. Repeat… Do this up to the count of five rapid jump/wrist rotations.

After the jump/wrist rotation combination, have the students apply the learn concepts with their jump rope.

**Footwork**

Directional jumping involves specific jumping movements, in isolation, with or without the rope. Examples include jumping from “side to side” and “forward/backward”.
Bell:

Jump forward 6” to 12” over the rope. Land on both feet together.

Jump backward 6” to 12” over the rope. Land on both feet together.

Repeat.

Skier:

Jump over the rope sideways 6” to 12” to your left and land on both feet together.

Jump over the rope sideways 6” to 12” to your right and land on both feet together.

Repeat.
**Side Straddle (Jumping Jacks):**

Jump over the rope with your feet spread shoulder width apart.

Jump over the rope again and land with your feet together.

Repeat

![Image of Side Straddle](image1.png)

**Forward Straddle (Scissors):**

Jump over the rope and land with your left foot forward and your right foot back. Your feet should be 8” to 12” apart.

Jump over the rope again and switch your feet before landing.

Repeat

![Image of Forward Straddle](image2.png)
**Straddle Cross-over:**

Jump over the rope and land with your feet spread shoulder-width apart.

Jump over the rope and land with your right leg crossed in front of your left leg.

Jump over the rope and land with your feet spread shoulder-width apart again.

Jump over the rope and land with your left leg crossed in front of your right leg.

Repeat.

![Straddle Cross-over](image)

**Twister:**

Jump over the rope and land on both with your hips, knees, and feet rotated to your right side and your shoulders squared to the front.

Jump over the rope and land on both with your hips, knees, and feet rotated to your left side and your shoulders squared to the front.

![Twister](image)
Wounded Duck:

Jump over the rope and land with your toes and knees **inward** and your heels apart.

Jump over the rope and land with your toes and knees **outward** and your knees apart.

Heel to Heel:

Two-jump movement, (1) Place the heel of one foot in front of the body, (2) repeat with the other foot

Toe to Toe:

Two-jump movement, (1) Touch the toe of one foot behind the body, (2) Repeat with the other foot
Heel/Toe:

Two-jump movement, (1) Place the heel in front of the body, (2) Bring the same foot behind the body and touch the ground with the toe (switch feet)

One-Foot Jump:

Jumping only on one foot repeatedly

Jog Step:

Alternating one-foot jumps, from left foot to right foot (how rapidly can you jump???)
**Knee Lift:**

Two-Jump movement, (1) two-foot basic jump, (2) lift knee waist high in front of the body and return to two-foot jump.

**Can-Can:**

Four-jump movement, (1) lift knee waist high in front of the body (2) return to two-foot jump, (3) kick the same leg high in front of the body, (4) return to two-foot jump, repeat with other leg
Rope Manipulations

Rope manipulations are skills that cause the rope to perform motions other than the standard loop around the body. Examples of rope manipulations are crosses, releases, swings, wraps, Rotations, and turns.

Front Cross (Criss Cross):

Forward jump crossing arms at the stomach with elbows touching (if possible). The student must jump the rope while the arms are crossed (instead of uncrossing the arms before jumping).

Side Swing:

The rope swings to either side of the body in a forward rotation (with both handles in one and or one handle in each hand).

Side-Swing Cross:

Swing the rope to the side of your body (1st rotation). Jump a criss-cross on the second rotation.
Front-Back Cross (aka EB Cross):

This skill is a cross with one arm behind the back. The student swings the rope to the side (1st rotation). As the rope comes up again, the student moves the right arm behind the back (the left arm stays in front at stomach height). By the time the rope comes down on the 2nd rotation, the student jumps over the rope with one arm in front and one arm in back.

Cross Cross (aka M&M):

Two jump movement, (1) Jump with your left arm crossed over your right arm. (2) As the rope goes over head, uncross your arms and re-cross your right arm over your left arm as the rope comes down in front. Jump with your right arm crossed over your left.

Behind the back Cross (aka T.S. Cross):

Description: Arms are crossed behind the back.

Jump the rope forwards (1st rotation), as you clear the 1st jump, cross both arms behind the back. Jump the rope on the 2nd rotation while arms are crossed behind the back. Just after you clear the 2nd rotation, uncross your arms and jump forward on the 3rd rotation.
Behind the Knees Cross (aka A.S. Cross):

**Description:** Cross both arms behind the knees

Student bends at the waist while beginning a forward jump. After clearing the rope on the 1st rotation, the student immediately crosses behind the knees at the same time. The rope lifts over the student's head while in this position. On the 2nd rotation, the student jumps over the crossed loop, uncrossing arms as soon as the rope is cleared.

Behind the Back, Behind the Knees Cross (aka C.L. Cross):

**Description:** Cross is formed with one arm behind the knees/other arm behind the back.

Student bends at the waist while beginning a forward jump. After clearing the rope on the 1st rotation, the student simultaneously crosses one arm behind the knees and the other arm behind the back. The rope proceeds around the body and the student stays in the crossed position until clearing the 2nd rotation jump.
Open Leg-over (aka Cougar)

**Description:** Jump w/ open arms, one arm extending under an elevated leg from the inside.

Swing rope over the head, when the rope is in front- bring the right leg up and place the right arm under leg (arms are open, not crossed). Jump the 1st rotation with one leg over one arm. There are two common methods of exiting the position. The first involves pulling the right arm out from under the right leg (just before jumping the 2nd rotation) and bringing it directly into a side swing on the left (2nd rotation). The second involves pulling the right arm out from under the right leg into the bottom arm of a criss-cross (jumping on the 2nd rotation).

*Hints:* Turn the rope slowly and exaggerate as you come out of the croupar position by scooping the right arm low (so as not to catch the foot w/ the rope).
Leg-over Cross (aka Toad)

**Description:** A criss-cross while the bottom arm (right arm) of the cross extends under the opposite leg (left leg) while the top arm (left arm) reaches across the body.

Turn the rope over your head, when the rope is in front- raise your left leg and reach right arm under the leg. Jump the rope in this position with your weight on the right leg (1st rotation). The rope will continue over your head. Just before the 2nd jump, open your arms- swooping out from under the left leg. Jump the 2nd rotation on the left leg, so that you’re stepping / jumping out of the leg over cross position (Toad).

![Image of a person doing a leg-over cross](image)

**180 Degree Turn (Half Turn):**

Begin with a forward jump (1st rotation). Swing the rope to your left (2nd rotation) and rotate your body 180 degrees so that you’re facing backwards. Jump the 3rd rotation backwards.

**360 Degree Turn:**

Begin by performing a 180 degree turn (see above). Once the rope has been jumped backward, turn to the left and follow the rope’s momentum (completing a continuous 360 degree with the body). Once the full rotation (two 180’s) has been completed, the rope will be travelling forward again and the student will be facing the same direction that he/she started. Jump the rope forward.

**Full Turn:**

Swing to the left with both hands together, follow the rope all the way around keeping the rope directly in front of you at all times. Once you face forward again, open arms and jump the rope.
Basic Arm Wrap:

**Description:** Rope wraps around one arm

Begin by jumping normally, swing the rope to the right side (1st rotation), and turn the rope again so that it wraps around the right arm (2nd rotation). Stop the rope and unwrap it by switching its direction.

**VARIATIONS:**
- Another way to exit the skill is by swinging the arms to the left side of the body to unwrap the rope on the 3rd and 4th rotations
- Also, unwrap by turning 180 degrees to the left

Single Handle Release

**Description:** Student releases one handle and catches it again.

As the rope passes under the feet forwards, the student lets go of the handle. The rope extends outward and is flicked back to the student by raising the hand at a moderate speed. (Emphasize the speed of the hand raised for safety, so as not to snap the rope back too sharply.) The student catches the flying handle with the free hand.

**VARIATIONS:**
- Release and re-grasp while jumping backward, release and re-grasp while spinning the free handle.
Multiple Unders

Multiple under skills are any skills where the rope rotates around the student and passes under the student’s feet more than one time per jump, keeping the rope an “open” position, making a standard loop around the body.

Double Under:

Description: The rope makes two rotations around the body and under the feet per jump.

Triple Under:

Description: The rope makes three rotations around the body and under the feet per jump.

VARIATIONS:

- Try performing the multiple with arm crosses, swings, and/or turns.

Strength and Agility

Strength and agility skills are performed by changing the center of gravity of the body with jumping the rope.
**Squat Jump:**

**Description:** The student squats on the 1st rotation and returns to a standing position on the 2nd rotation.

**Push-up Jump:**

**Description:** The student squats on the 1st rotation, puts hands on the floor in front while stretching out to the push up position. Then the student then springs both legs back up (tucking up again so feet land near arms), Keeping the rope in front of the body. Once back in the squat position, the student pulls the rope under the feet to jump.

**VARIATIONS:**

- Try sweeping the rope under the feet before returning to a squat position from the push up.

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**Handstand (aka Frog or Donkey Kick):**

**Description:** Just after a forward jump, the student steps up into a handstand position (holding the rope handles in hands while they are on the floor), then the student steps or snaps down from the handstand. After landing, the student pulls the rope under the feet in order to jump forward again.

**VARIATIONS:**

- Try sweeping the rope under the feet before returning to the feet from the handstand position.
Splits:

Description: The student prepares for skill by squatting during a regular jump (1\textsuperscript{st} rotation), and then the student stretches legs out into a split position (2\textsuperscript{nd} rotation). During the split, the student can either place a hand on each side of the body with the rope stalled on the floor between the legs, or, place both hands on one side of the body with the rope stalled on the floor to that side. The student pulls the rope under while coming up from the split position (3\textsuperscript{rd} rotation).
D. Partner Rope Skipping

Partner rope skipping is a very effective cooperative activity lesson. The skills allow students to work together to jump rope a rope or multiple ropes. They depend on one another to jump over the rope or ropes. Most single rope skills can be performed as partner skills with the rope turning either forward or backward. The basic partner skills are face to face jumping and side by side jumping. **It is important that the students jump together at the same pace or rhythm.** A classic rhythmic pace can be “tick... tock... tick... tock...” Have the students stand face to face or side by side and practice the rhythmic jumping (without holding the rope), making sure they jump and land at the same time. After practicing without the rope, they may introduce the jumping with the ropes. Ropes used in partner jumping should be slightly longer than regular ropes, if available.
Long Rope Instruction

Similar to single rope, the teacher should first introduce cues for the students to begin and to stop. This helps to allow for maximum control of the environment. Examples of cues may be the use of music (when the music begins, the students begin… music stops, students stop), whistle (one whistle… students begin, two whiles… students stop). The teacher may have the students sit down as a means of stopping the activity to prepare for the next activity. Single long rope skills can be used as practice for more complex activities such as Double Dutch. But, be aware that they tend to encourage students to use a double bounce rather than a single bounce.

A. Turning the Rope:

Begin by having the students understand the resting position of the rope. While holding one handle of the rope and their arms at rest, the arc of the rope should be resting on the floor. The most important aspect of learning long rope skills is the turning of the rope. The students must be able to control the rope in order to have a student to jump over the rope. A good starting cue would be to have the students practice large & slow arm rotations, without using the ropes. You can have students pair up, face each other, and turn large and slow, while mirroring each other’s arm movement. A classic rhythmic pace can be “tick… tock… tick… tock...” All students should practice turning skills prior to adding a jumper to the long rope.

Turning skills: **Add a jumper to these skills after mastering the turning skills**

- Basic turning (large and slow)
- Walking around in a circle
- Turner revolving the body around in a circle (aka Revolution)
- Walking around in a circle with revolution
- "Rock the Boat" students drag the rope back and forth along the floor. (add a student jumper afterwards)
Jumping skills:
- Basic double bounce (Large, Slow turning)
- Changing directions
- Touching the floor w/ hands while jumping over the rope
- Jumping over the rope while in push-up position

**Allow students to explore more creative ways to jump over the rope**

Entering the ropes:

Front Door
Description: With the rope already turning, the jumper stands next to one turner on the opposite side of the hand holding the rope (the rope moves away from the jumper as it hits the floor). As it passes the jumper's face on the downswing, the turner calls “Ready, Set, Go!” On go, the jumper takes one long step, brings feet together in the middle of the rope and keeps jumping.

Back Door
Description: With the rope already turning, the jumper stands next to one turner on the same side of the hand holding the rope (the rope moves toward the jumper as it hits the floor). As the rope comes up past the jumper's face, the turner calls, “Ready, Set, Go!” On go, the jumper takes one long step, brings feet together in the middle of the rope and keeps jumping. **Note: The jumper has less time to enter the ropes using this method, so he/she must move more quickly**

Exiting the ropes:

Description: While jumping, the jumper moves closer to the turner on the exit end. Exit on the turner's side opposite the hand holding the rope. Call, “Ready, Set, Go!” and jump forward over the rope toward that side on “Go.” Land on two feet and step away from the turner and rope. **Note: Exit by jumping out on both feet, not stepping out or running out. Exit on the opposite end of your entrance**
Double Dutch Instruction

Double Dutch is a form of jumping rope that involves two ropes and one or more jumpers. Two students rhythmically turn the ropes while the jumper(s) hop over them. Similar to long rope, turning is the most essential part of double dutch. Without capable turners, the jumper will not have the opportunity to jump over the rope. Common mistakes in turning are turning too fast, pulling back on the rope as it goes out to the side, reaching over the midline of the body, turning with an uneven beat, not making circles with one or both hands, leaning or moving in toward the middle (creating a slack in the rope).

Turning the ropes:

Begin by having two turners face each other. And hold two 10-to 12 foot ropes down by their sides in the same position as in single long rope turning. Lift one rope out to the side and up. When the first rope reaches the up position, lift the second rope out and up in the opposite direction. Continue turning and watch each other for one or more of the common mistakes listed above.

Turning Skills:

- Turners move in a circle clockwise, then counter-clockwise, while turning the ropes (Around the World)
- Turners move sideways in one direction, then the other, while turning the ropes
- Turners moves backward while the other moves forward, while turning the ropes
- One or both turners kneel down, while turning the ropes
- Speed: turners bring arms in close to the body and make small, fast circles to increase speed; turners open up arms and make large slow circles to decrease speed.
- One turner turns the ropes while the other turner keeps hands together, motionless, while holding the ropes
Jumping the ropes:

Begin by having the jumper stand in the middle of the ropes, facing a turner. The turner calls out “Ready, Set, Go.” The jumper begins jumping with a single bounce on go. The jumper should jump with both feet, keeping them together and landing on the balls of the feet. The jumper must not do double bounces. The turners should not try to “reach over” the jumper. The upswing will carry the rope over.

Entering the ropes:

With the ropes already turning, the jumper stands next to the turner and watches the rope nearest to him/her. The turner calls “Ready” the first time the rope passes the jumper's face, “Set” the second time, and “Go” the third time. The jumper enters on “Go.” The jumper takes one long step and a big jump into the middle of the tuning ropes. Once inside the ropes, the jumper continues with single bounce jumping.

Exiting the ropes:

While jumping, the jumper moves closer to the turner on the exit end and watches the turner's left hand. On each turn of the left hand, the jumper calls “Ready, Set, Go” and exits by jumping out on the turner's right side. The jumper must avoid running out of the ropes. The exit jump should be a little higher than usual. The turner can move slightly away from the jumper as the exit takes place.

Practice Drill:

1. Enter ropes from the first turner's left side and jump 5 times, moving toward the second turner.
2. On the sixth jump, exit on the second turner’s right side.

**Decrease the number of jumps from 6 to 4 to 2**
Jumping Skills:

Jumping skills can be similar to the single long rope jumping skills, but use single bounce jumping instead of double bounce jumping.

Basic single bounce (Large, Slow turning)
- Changing directions
- Touching the floor w/ hands while jumping over the rope
- Jumping over the rope while in push-up position

**Allow students to explore more creative ways to jump over the rope**
**Glossary**

**Single Bounce:** One jump for each revolution of the rope

**Double Bounce:** Two jumps for one revolution of the rope

**Double Under:** One jump with two revolutions of the rope under the feet

**Straddle:** Any time the jumper’s feet move apart (either side to side or forward and backward)

**180:** One half turn, as in 180 degrees, half circle

**360:** One full turn, as in 360 degrees, a full circle

**Single Rope:** One person with one short rope

**Partner Skills:** Done with more than one jumper and short rope(s)

**Long Rope:** Rope with a turner at each end and one or several jumpers in the center, ropes can be of varying length

**Wrap:** Anytime the rope wraps around an arm, leg, body, etc.

**Wheel:** A skill that has two (or more) jumpers using two (or more) ropes in opposite one another.

**Traveler:** A skill or series of skills that has one jumper sharing his/her rope with several other jumpers, moving from place to place, from one end of the line to the other.

**Front Door:** The side of the turner, in long rope, where the rope is hitting the ground and going away from you

**Back Door:** The side of the turner, in long rope, where the rope is hitting the ground and coming toward you

**Cold start:** Starting from the middle of the long rope or Double Dutch ropes

**Entering:** Coming in from the outside of an already turning long rope or Double Dutch ropes

**Exiting:** Leaving a turning rope

**Double Dutch:** Two ropes turning together in opposite directions; jumpers will be jumping both ropes; ropes turn toward the center of your body