Name:___________________________________

**Jump Rope Tasks**

1. Lay Rope on the Ground and Jump Over It._____
2. Lay Rope on the Ground and Hop Over It._____
3. Lay Rope on the Ground and Leap Over It._____
4. Fold the Rope Like a “V” and Jump Over It._____
5. Turn the Rope and Jump Rope with Two Foot Jumps._____
6. Hop on One foot 5 times, Hop on other foot 5 times._____
7. Lay the rope on the floor and walk on it like a balance beam._____
8. Jump rope to the beat of a rhyme or song._____
9. Jump rope with a partner._____
10. Hold the rope with two fingers and let the end of the rope stay on the floor. Move around the gym and let a partner try to step on the end of the rope. Change jobs when they are successful._____
11. Jump from side to side on two feet._____
12. Start at one end and jump side to side until you reach the other end._____
13. Jump on two feet and spell your first and last names._____
14. Make up a jump rope trick._______
Task Sheets for Kids of All Ages

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