Jumpers warm up!

Don’t forget to stretch!



Reach to the sky
Hold for 5 seconds



Trunk bends
Stretch each side, do not bounce, hold for 5 seconds

Build your flexibility!



Front leg
Stretch each leg, hold for 5 seconds

Pancake
Do not bounce, hold for 5 seconds



Heart health for life!

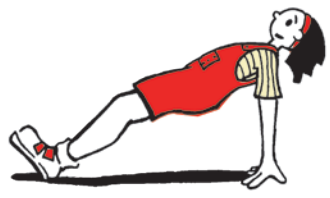


Knee lifts
20 counts



Pike jump
Try one – easier to touch with bent knees

Back support
Hold 2 counts



One arm push-up
Try 2 – easier with two arms



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Basic jumpers!

Snakey

1. Two students wiggle the rope along the floor from side to side to side like a slithering snake.
2. Take turns jumping over the snake.



Bluebells

1. One student kneels down to hold one end of the rope on the ground, while the second student stands holding the other end of the rope at their waist.
2. The third student jumps with their feet together back and forth upward along the rope.



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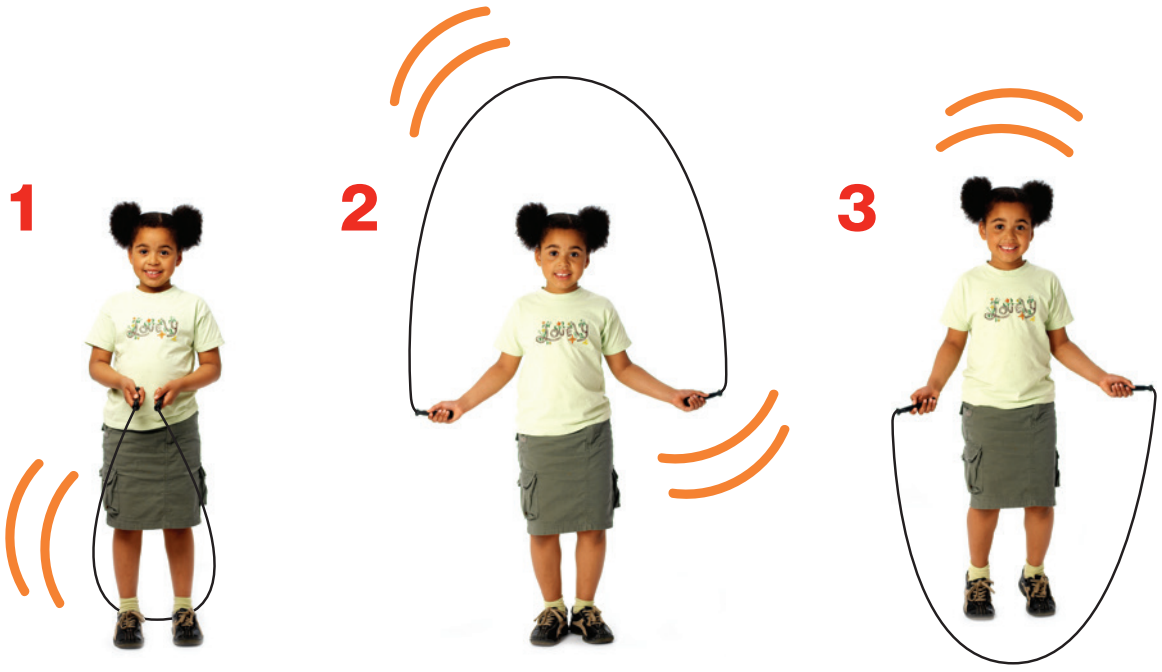
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Basic jumpers!

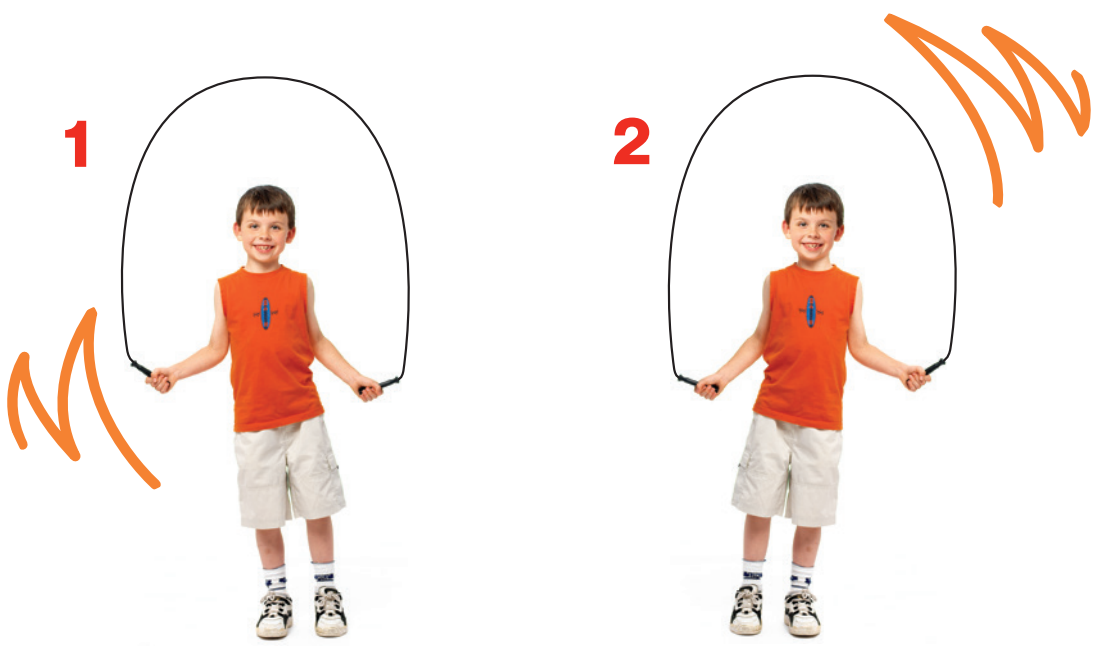
Basic Jump (single bounce)

1. Start with the rope behind your feet and your hands together in front.
2. Swing your hands down to your sides then back, up and over. The rope will hit your toes in front. Step over the rope and repeat until your arm motion is correct.
3. Swing the rope over and jump with both feet as the rope comes down in front. Land on the balls of your feet. Keep jumping and turning the rope with a circular wrist motion.



Skier

1. Jump over the rope sideways 15 cm to 30 cm to your left and land on both feet together.
2. Jump over the rope sideways 15 cm to 30 cm to your right and land on both feet together.



Tips

- Keep your feet together
- Don't jump too high or too far to the side
- Stay on the balls of your feet

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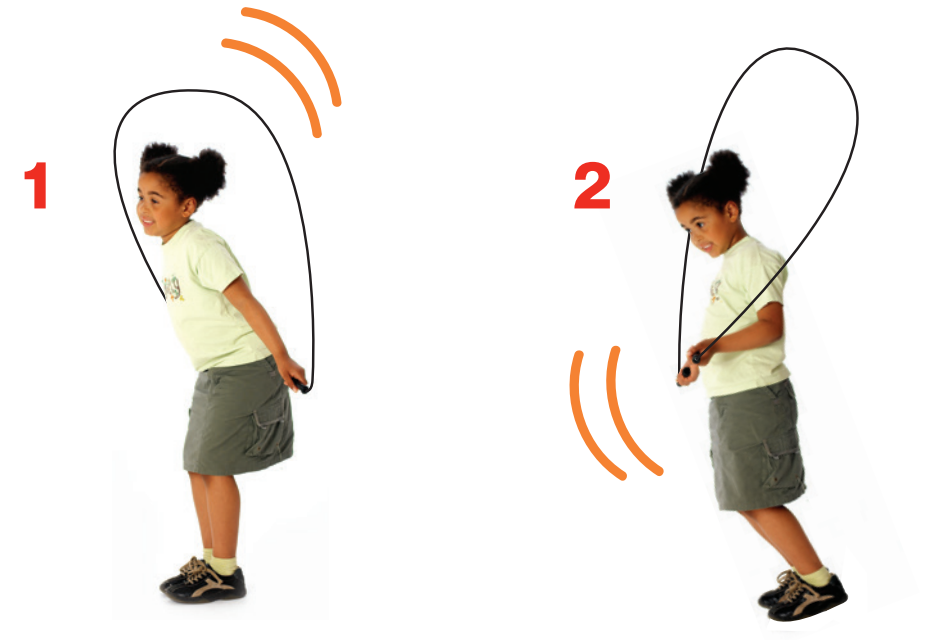
Basic jumpers!

Bell

1. Jump forward 15 cm to 30 cm over the rope. Land on both feet together.
2. Jump backward 15 cm to 30 cm over the rope. Land on both feet together.

Tips

- Keep your feet together
- Don't jump too high or too far forward
- Stay on the balls of your feet

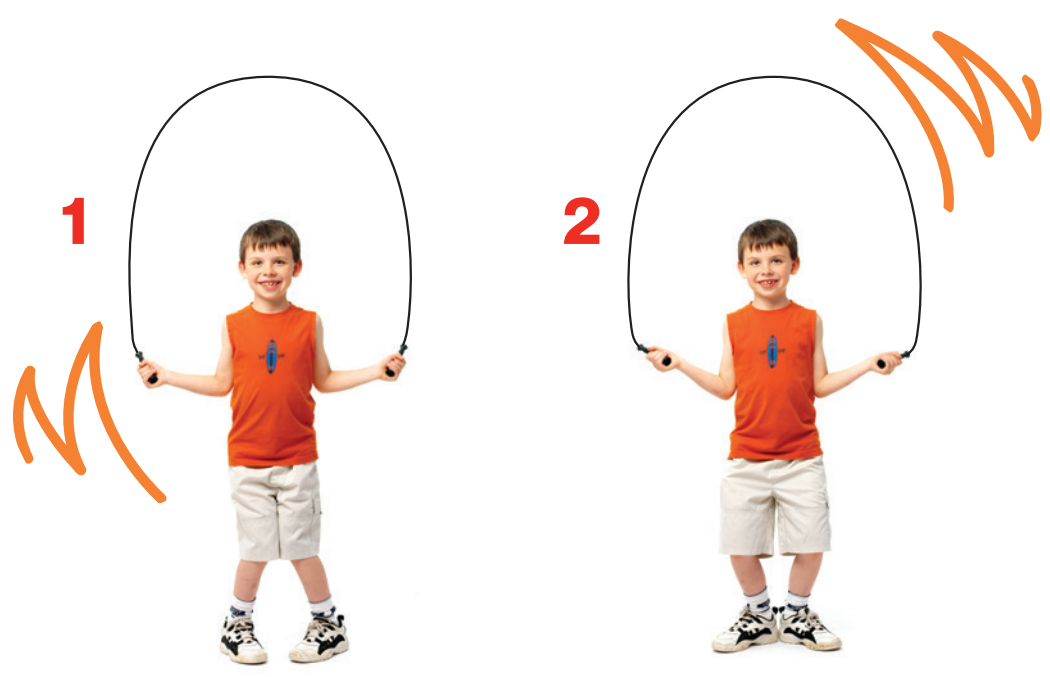


Wounded Duck

1. Jump over the rope and land with your toes and knees turned inward and your heels apart.
2. Jump over the rope and land with your toes and knees turned outward and your knees apart.

Tips

- Stay on the balls of your feet
- Alternate turning your legs and feet inward and outward



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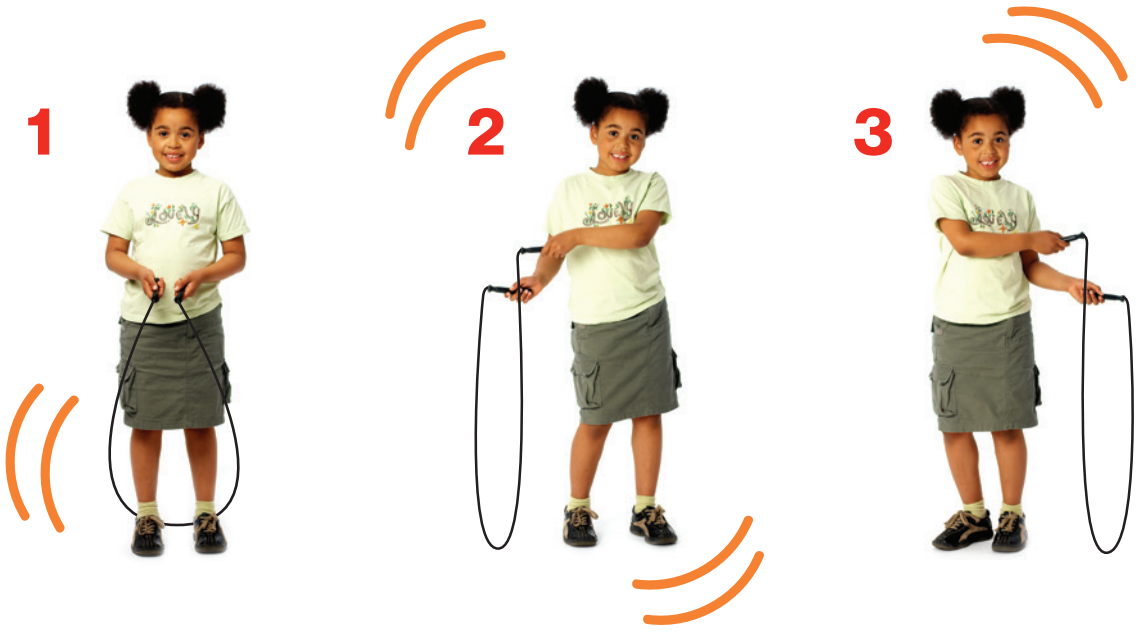
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Single skippers!

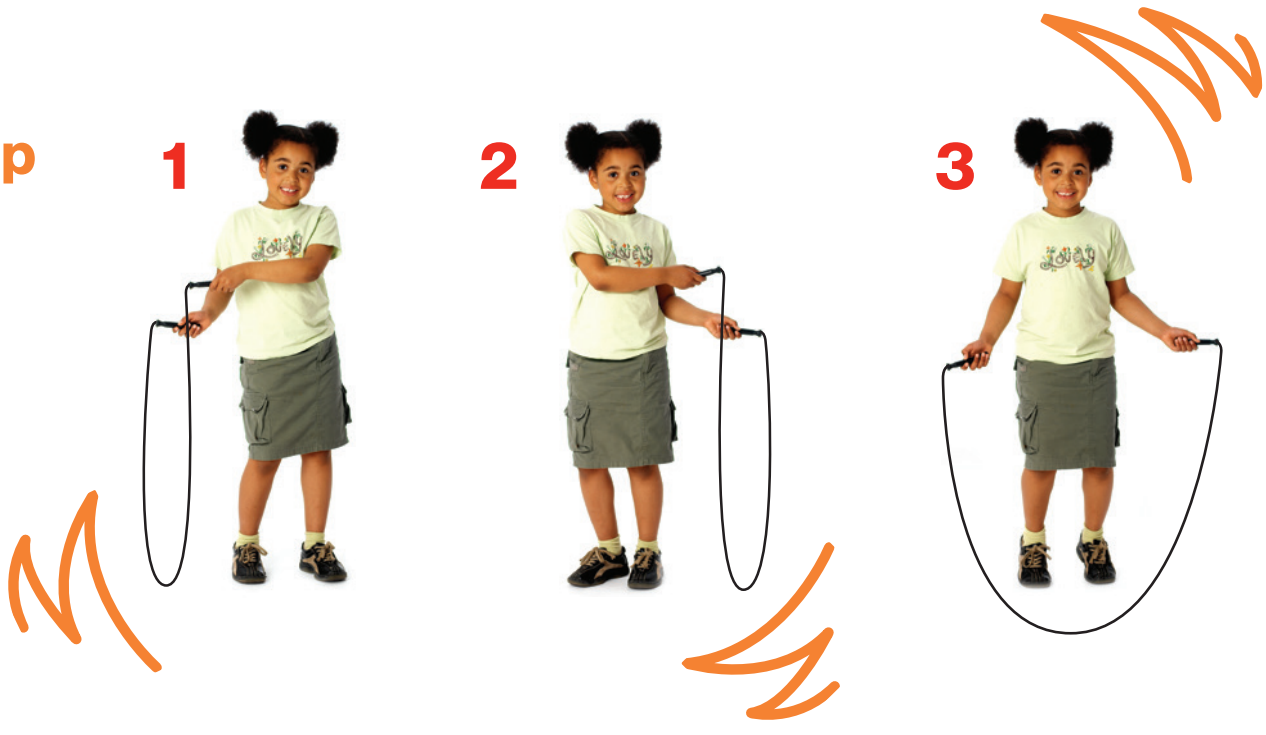
Side Swing

1. Start with the rope behind your feet.
2. Swing the rope up overhead, and as it comes down toward your feet, bring both your hands to your right side so the rope hits the floor to the right of your feet.
3. Lift up with your hands, making a circular motion, and bring your hands across the front of your body to your left side so the rope hits the floor to the left of your feet.



Double Side Swing & Jump

1. Swing the rope to your right side.
2. Swing the rope to your left side.
3. As the rope comes down on the third turn, spread your hands apart and jump over the rope.



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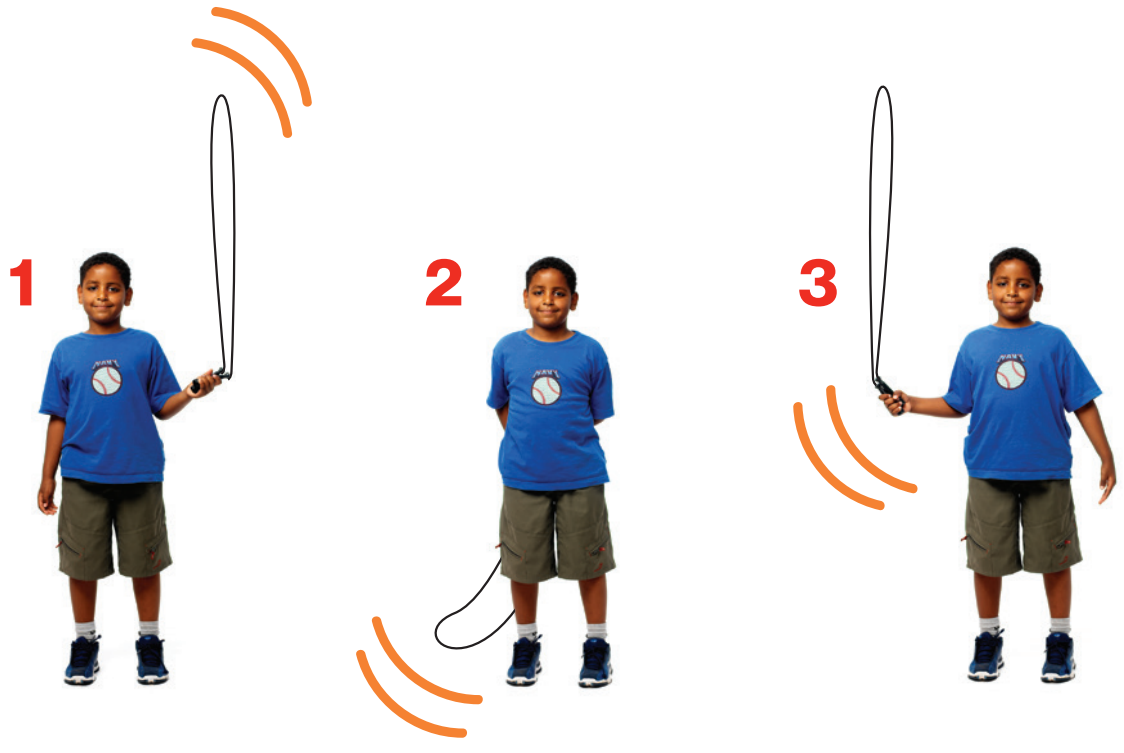
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Single skippers!

Behind-the-back Pass

1. Hold both handles in your left hand and do a one-handed side swing on your left side.
2. As the rope comes down toward your feet, bring your hand behind your back and pass the handles to your right hand.
3. With both handles now in your right hand, lift your right arm out to your right and do a one-handed side swing to your right.



Under-the-leg Pass

1. Hold both rope handles in your right hand and do a one-handed side swing on your right side.
2. As the rope comes down toward your feet, lift your left leg and pass the handles under your left leg to your left hand.
3. With both handles now in your left hand, lift your left arm out to your left. Bring your left arm back and up, then forward and down, making small circles on your left side.



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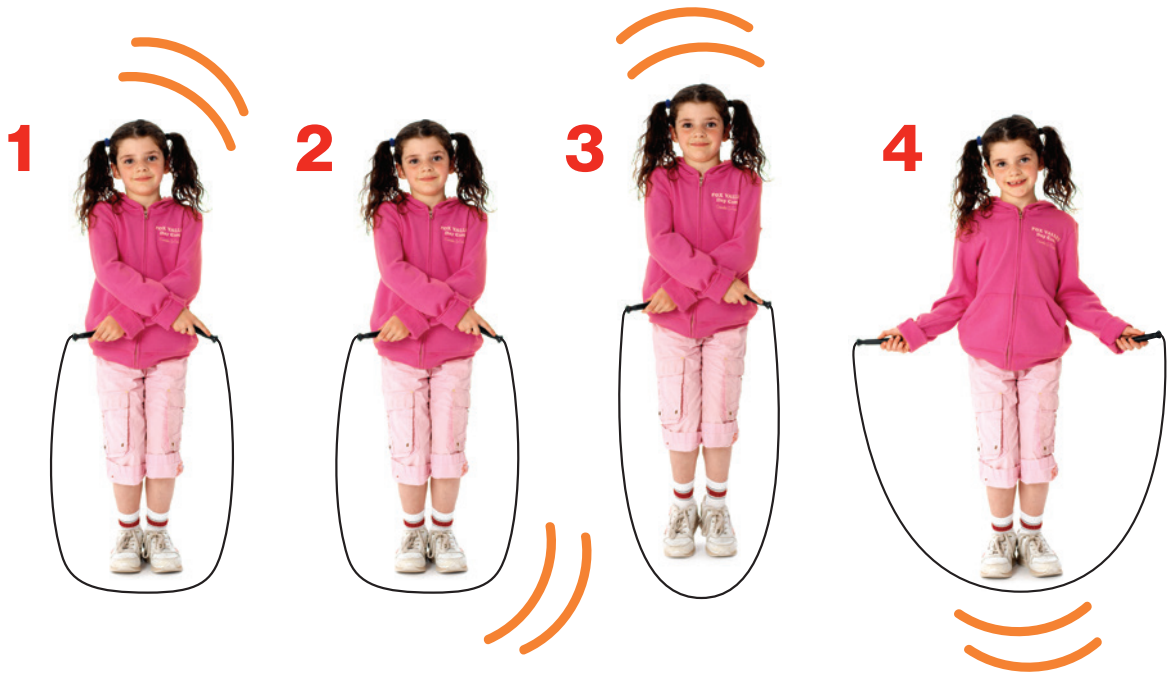
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Single skippers!

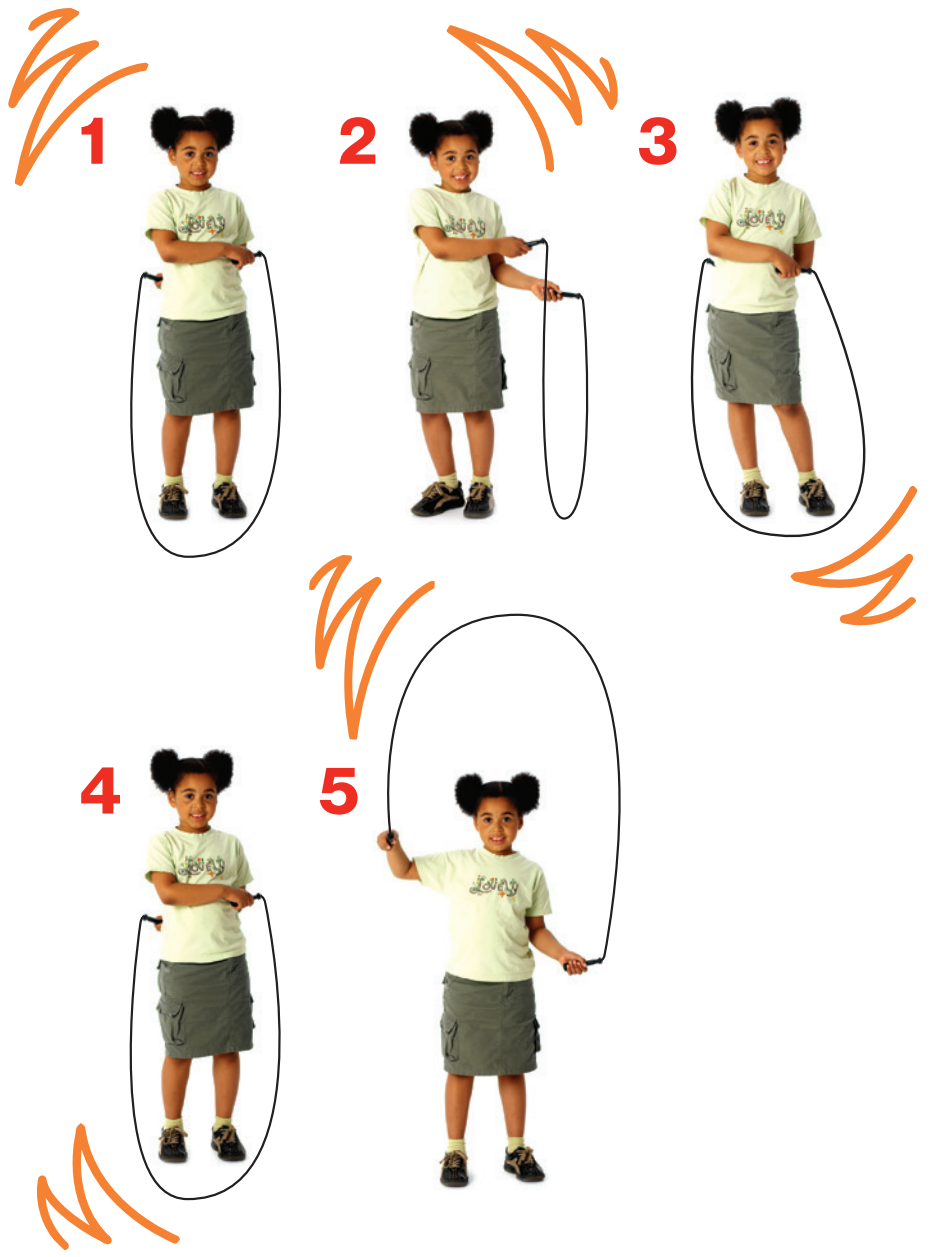
Front Cross

1. With the rope in front of your feet, cross your right arm over your left arm in front until your elbows touch and your hands extend beyond your waist. Rotate your wrists.
2. Start with the rope behind your feet. Swing the rope overhead, crossing your right arm over your left arm. Don't jump. Check your hand placement.
3. Repeat Step 2. Jump one time with your arms crossed so the rope goes under your feet and continues back overhead.
4. Repeat Step 3. When the rope comes back overhead, open your arms for a Basic Jump.



Front-back Cross

1. With the rope in front of your body, put your left hand behind your back, extending it to your right side at waist level. Cross your right arm in front of your body, extending your right hand to the left side at waist level. Rotate your wrists. This is just a rehearsal to help with proper body and arm position.
2. With the rope behind, begin a left side swing.
3. Halfway through the left side swing, bring your left hand down below your waist and back up into the Step 1 position. Your right arm continues moving up and out of the side swing and reaching out in front of your body on the left side. Your right hand will then come down to the Step 1 position. The rope should come down to your toes in front. Don't jump.
4. Repeat Steps 2-3. As the rope comes down, jump with your left arm crossed in back and your right arm crossed in front.
5. Exit after the jump by immediately pulling both hands out to the left side and lifting up high. Then open your arms and do a Basic Jump.



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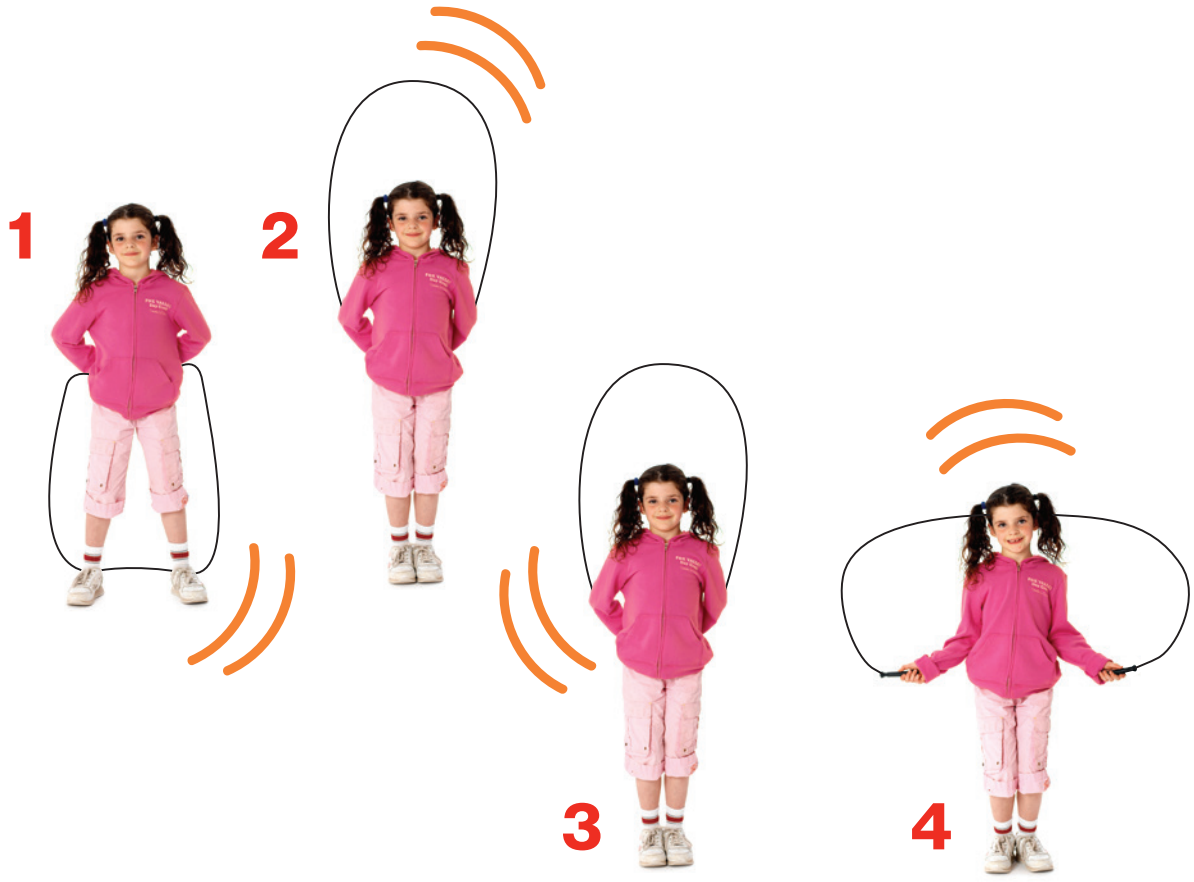
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Single skippers!

Behind-back Cross

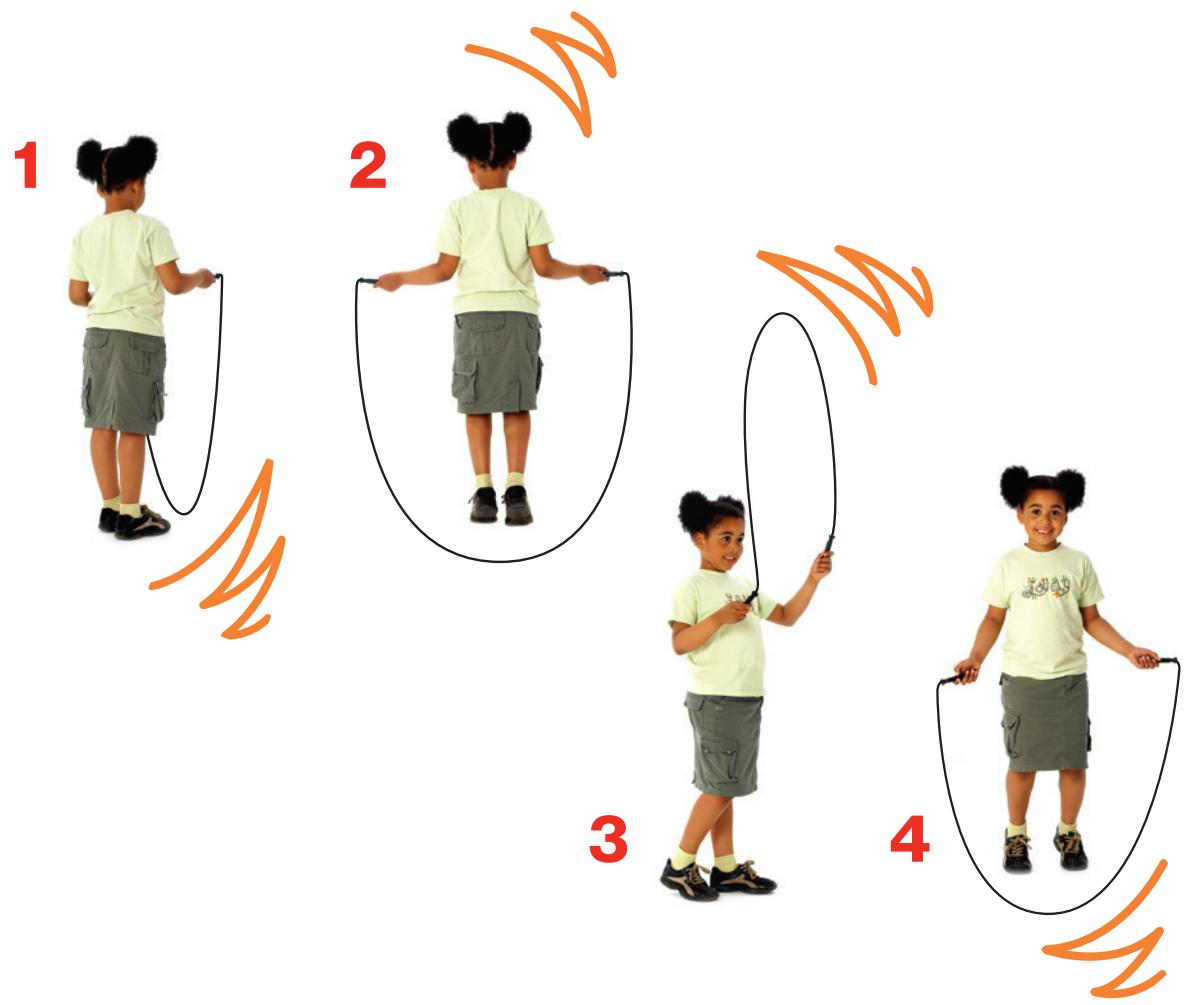
1. With the rope behind, cross your arms behind your back at waist level. Extend the handles out to your sides beyond your hips and rotate your wrists. Don't jump – this is just a way to properly position your body.
2. Start with the rope behind. Jump once, and as the rope goes under your feet, bring your hands down below your hips and up to the Step 1 position. Turn your wrists so the rope continues back overhead and down to your toes.
3. Repeat Step 2. As the rope comes down, jump with your arms still crossed in back.
4. Repeat Step 3. Immediately after your jump, exit by uncrossing your arms and lifting them out to the sides and up high overhead.



Mad Dog

1. Start with the rope behind you. Do a left side swing while making a half turn to the left.
2. While facing backward, bring the rope down behind and jump backward.
3. Lift the rope high overhead while making a half turn back to the right.
4. While facing the front, bring the rope down in front and jump.

Tip: Also practice turning to your right.



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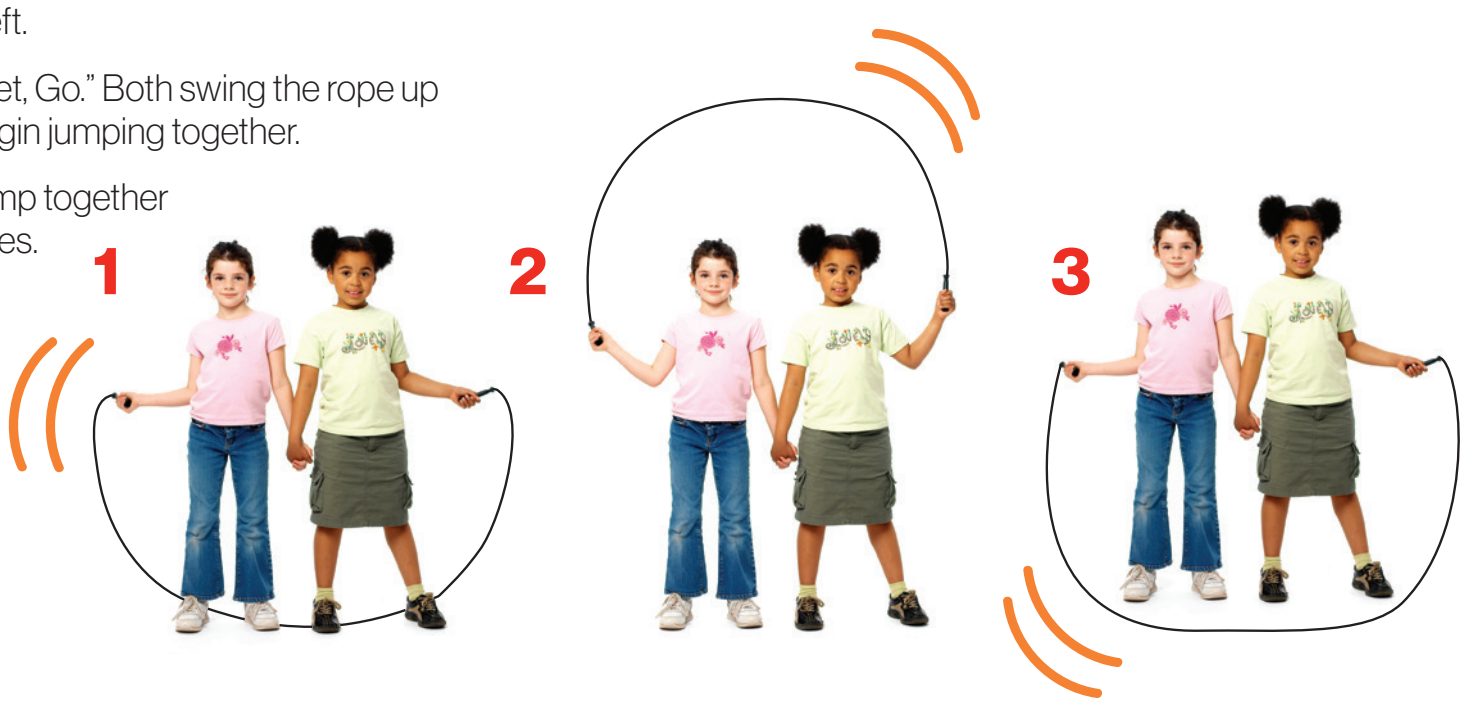
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Joining jumpers!

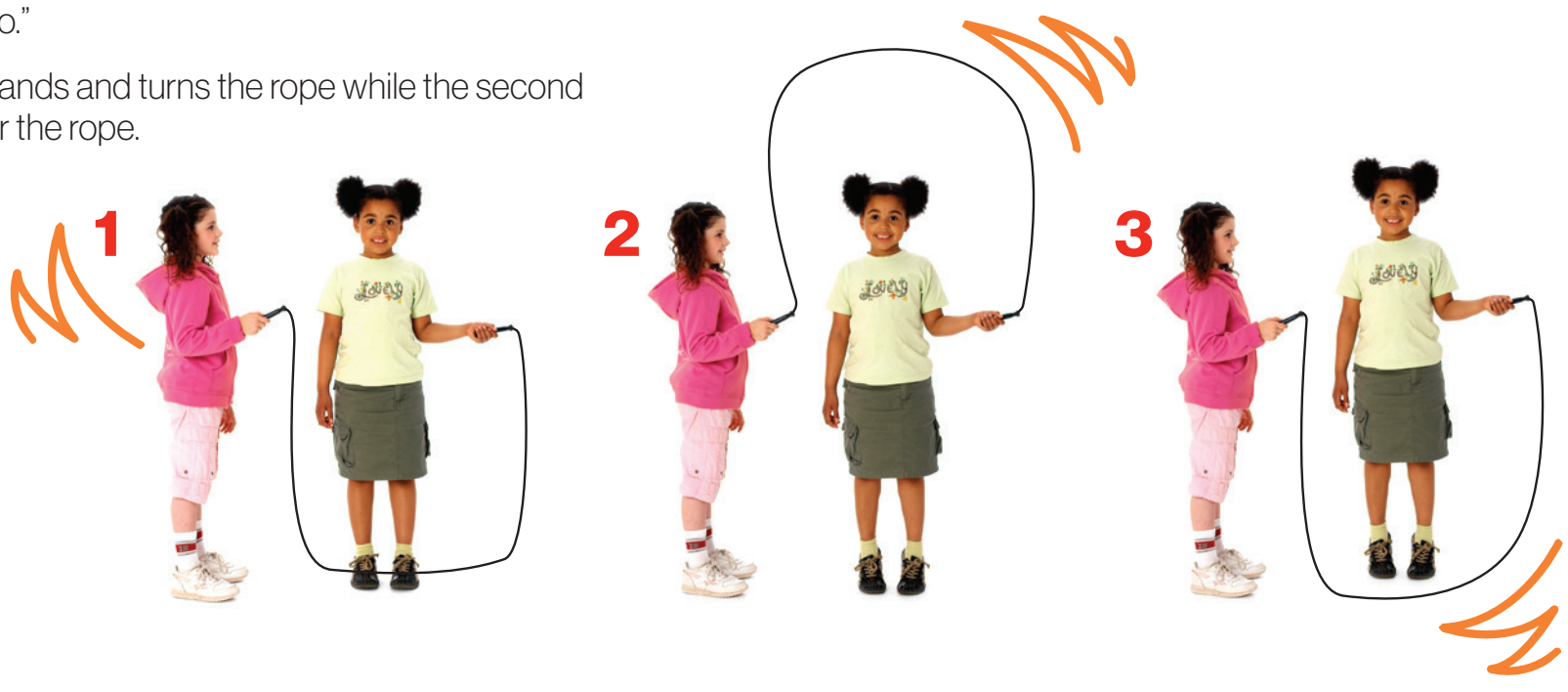
Two in One Rope – Side-by-Side (basic jump)

1. Partners stand shoulder-to-shoulder, facing forward, with one handle in the right hand of the partner on the right and the other handle in the left hand of the partner on the left.
2. One partner calls “Ready, Set, Go.” Both swing the rope up from behind on “Go” and begin jumping together.
3. The partners continue to jump together with single or double bounces.



Two in One Rope – Side-by-Side (one in, one out)

1. One partner stands to the side of the rope with the handle in their right hand while the other partner stands with the rope behind their feet and the handle in their left hand.
2. One partner calls “Ready, Set, Go,” and both swing the rope up from behind on “Go.”
3. The first partner stands and turns the rope while the second partner jumps over the rope.



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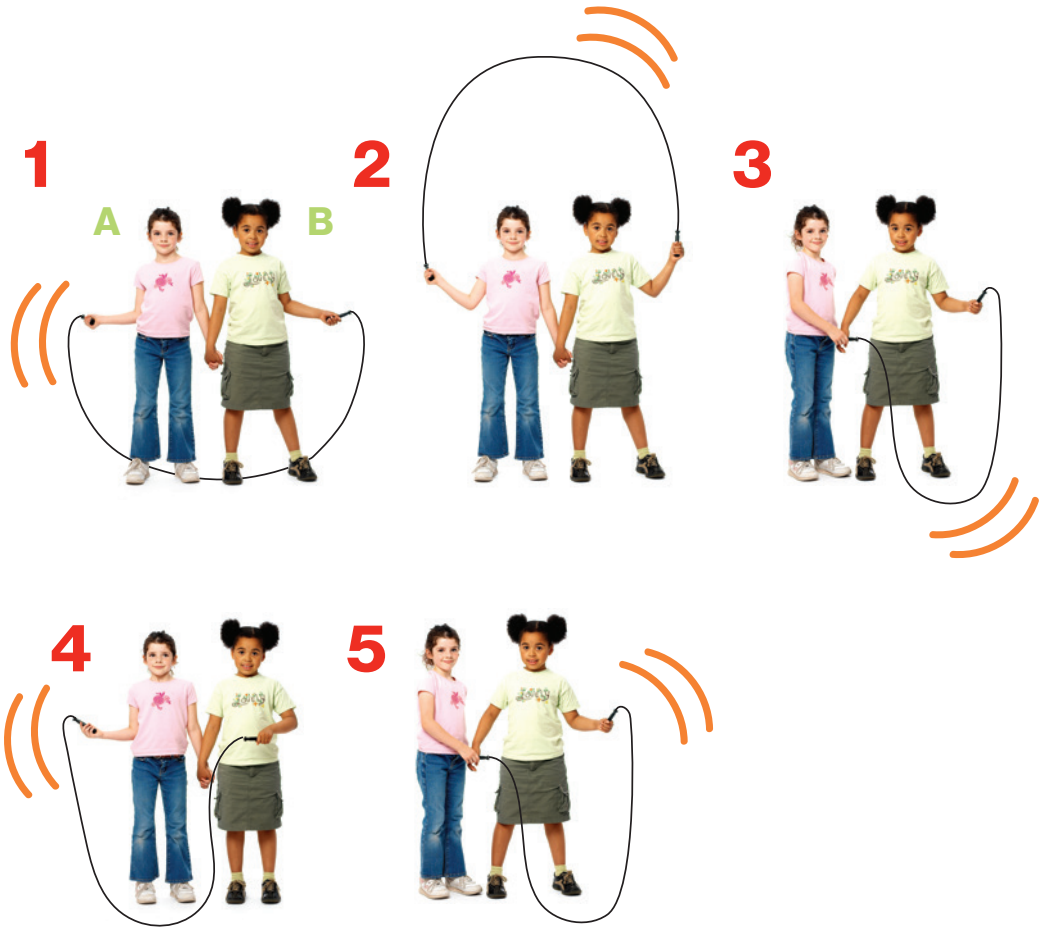
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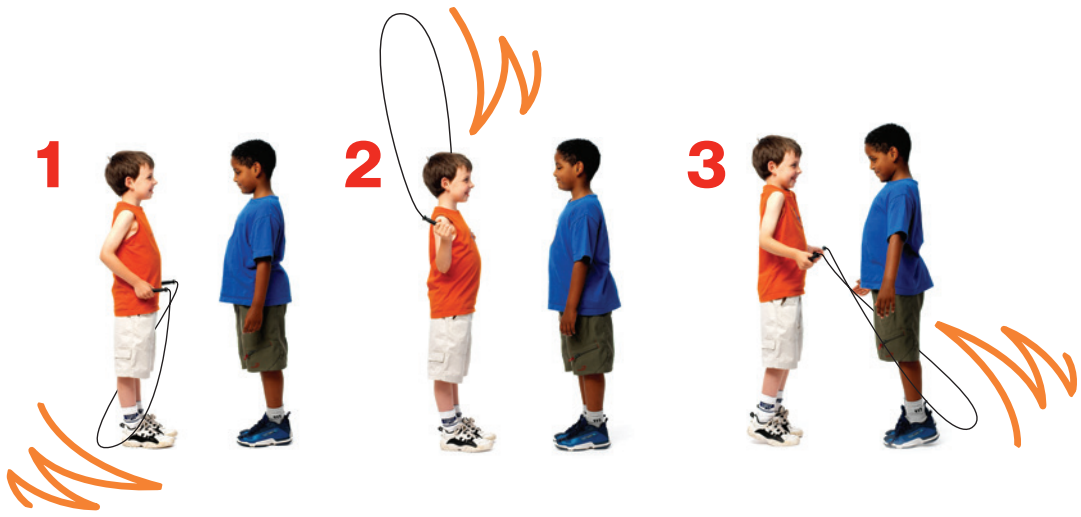
Two in One Rope – Side-by-Side
(alternating sides)

1. Partners stand shoulder-to-shoulder.
2. One partner calls “Ready, Set, Go,” and both swing the rope up from behind on “Go.”
3. As the rope comes down in front, partner A brings their right arm down across their body to the left side, and only partner B jumps over the rope.
4. On the next rope turn, partner A returns their right arm to the right side, and partner B crosses their left arm over to the right side. Only partner A jumps over the rope.
5. Continue the pattern of alternate jumping between partners.



Two in One Rope – Face-to-Face
(basic jump)

1. Partners stand facing each other about 30 cm apart with one partner holding both rope handles.
2. The partner with the rope calls “Ready, Set, Go,” and swings the rope up from behind on “Go.” Both begin jumping in unison.
3. Partners continue to jump together with a single or double bounce.



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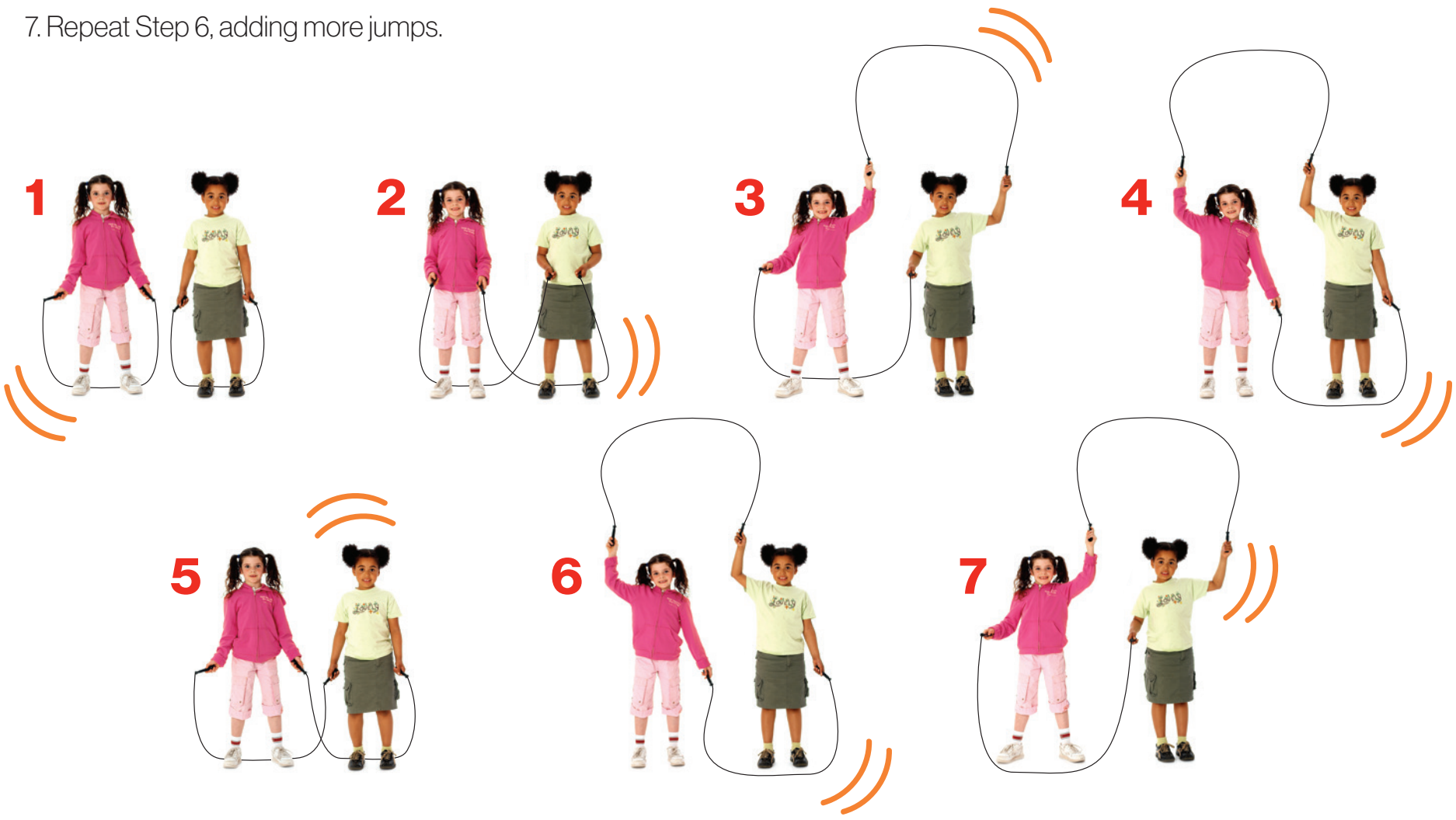
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Joining jumpers!

Two Wheel – Basic Jump

1. Partners stand side by side, facing forward, each with their own rope.
2. Partners exchange the inside handles so that each partner holds one handle of their partner's rope and one handle of their own rope. Rope 2 (held in left hands) is behind rope 1.
3. One partner calls "Ready, Set, Go, Go." Both start turning rope 2 (in left hands) on the first "Go."
4. Both start turning rope 1 (in right hands) on the second "Go." As rope 1 swings up in back, rope 2 comes down and hits toes in front. Don't jump.
5. Rope 1 then comes down and hits toes in front, and both partners step over the ropes and repeat the process several times without jumping.
6. One partner calls "Ready, Set, Go, Go, Jump, Jump." Both start as in Steps 3-5, but as the ropes come down to their feet, they jump one time on each side (the jumper in the left position jumps first).
7. Repeat Step 6, adding more jumps.



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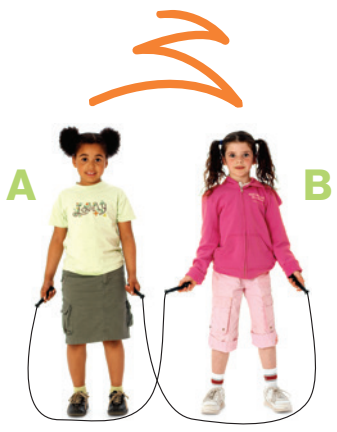
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Sophisticated skippers!

Two Wheel – Switching Places

1. Stand in Two Wheel formation with rope 2 (the left-handed rope) in back.
2. Start the ropes (rope 2 first). As rope 2 comes down in front, jumper B, instead of jumping, moves sideways to the right behind jumper A as rope 2 swings to the left side.
3. As rope 1 comes over, jumper A moves to the left in front of jumper B and rope 1 comes down to hit jumper B's toes.
4. Then rope 2 comes down to hit jumper A's toes.
5. To keep the wheel turning, repeat Steps 1- 4, but jump as the rope comes down to your feet.
6. Start the wheel again, with each partner jumping once (jumper B first). Then do Steps 2-5 several times, adding more jumps.

1



2



3



4



5



6



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Double Dutch – Jumping (cold start)

1. Turners stand in Double Dutch starting position and decide which rope will start first.
2. The jumper stands in the middle of the ropes, facing a turner.
3. One turner calls “Ready, Set, Go,” and the first rope starts on “Set.”
4. The second rope starts on “Go” while the first rope is in the “up” position.
5. The jumper begins jumping with a single bounce on “Go.”

Tips

- The jumper should jump on both feet, keeping them together and landing on the balls of their feet
- The jumper only jumps about 5 cm off the ground

1,2,3



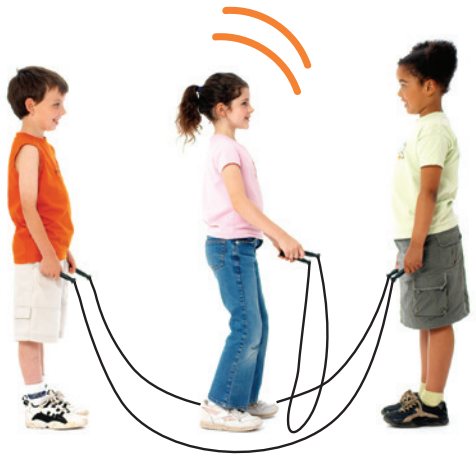
4,5



Double Dutch – Single Rope Inside

1. A jumper with a single rope stands in the middle of the ropes, facing a turner.
2. A turner calls out “Ready, Set, Go.” The jumper begins the single rope up on “Set” and begins jumping both the single rope and long ropes on “Go.”

1



2



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Single Long Rope – Jumping (cold start)

1. The jumper stands in the middle of the rope facing a turner. The turner holds the rope down by their side in the starting position.
2. The turner calls “Ready, Set, Go” and begins lifting the rope out and up on “Set.”
3. The jumper begins jumping on “Go” as the rope comes down toward their feet.

Tips

- Keep your arms down by your side while jumping
- Stay on the balls of your feet
- The turners should watch the jumper’s feet

1



2



3



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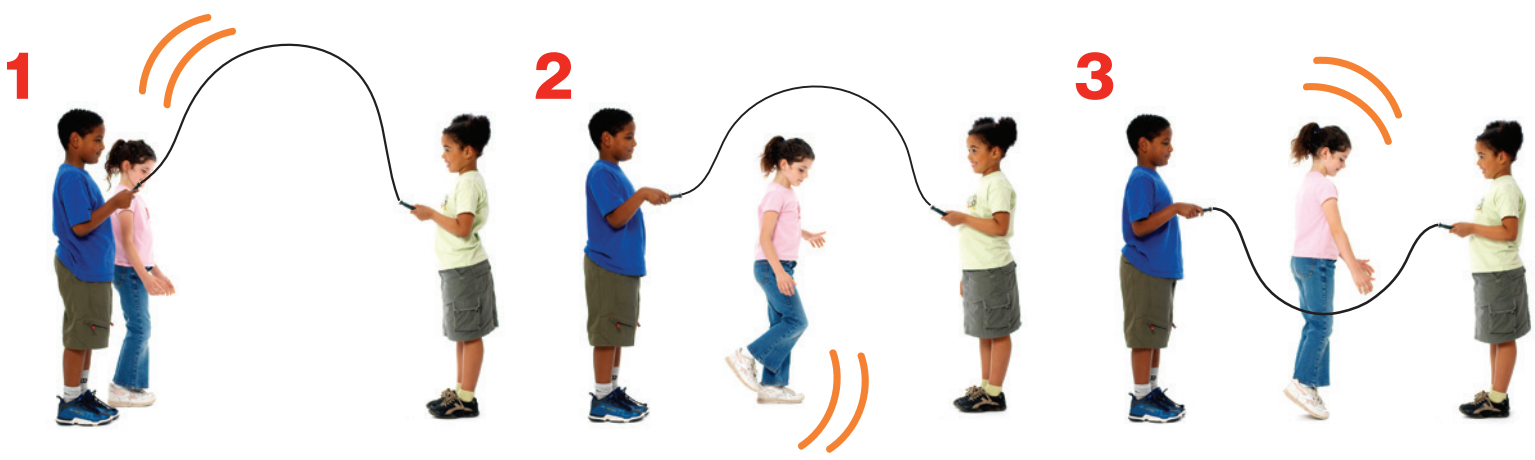
Sophisticated skippers!

Single Long Rope – Entering (front door)

1. 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).
2. As the rope passes the jumper's nose on the downswing, the turner calls "Ready, Set, Go."
3. On "Go," the jumper takes one long step, lands on both feet in the middle of the rope and keeps jumping.

Tips

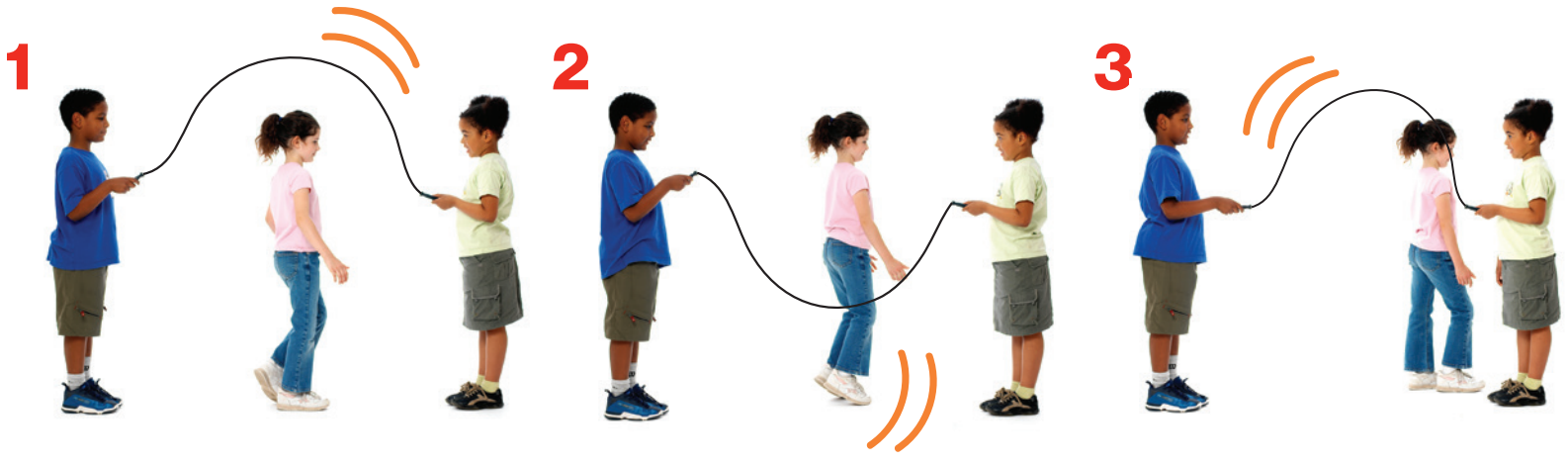
- Before entering, stand one arm's length away from the turner
- Use a double bounce when the rope is turning slowly; use a single bounce when it's turning quickly



Single Long Rope – Exiting

1. While jumping, the jumper moves closer to the turner on the exit end.
2. 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."
3. Land on two feet and step away from the turner and the rope.

Tip: Exit by jumping on both feet, not stepping out or running out.



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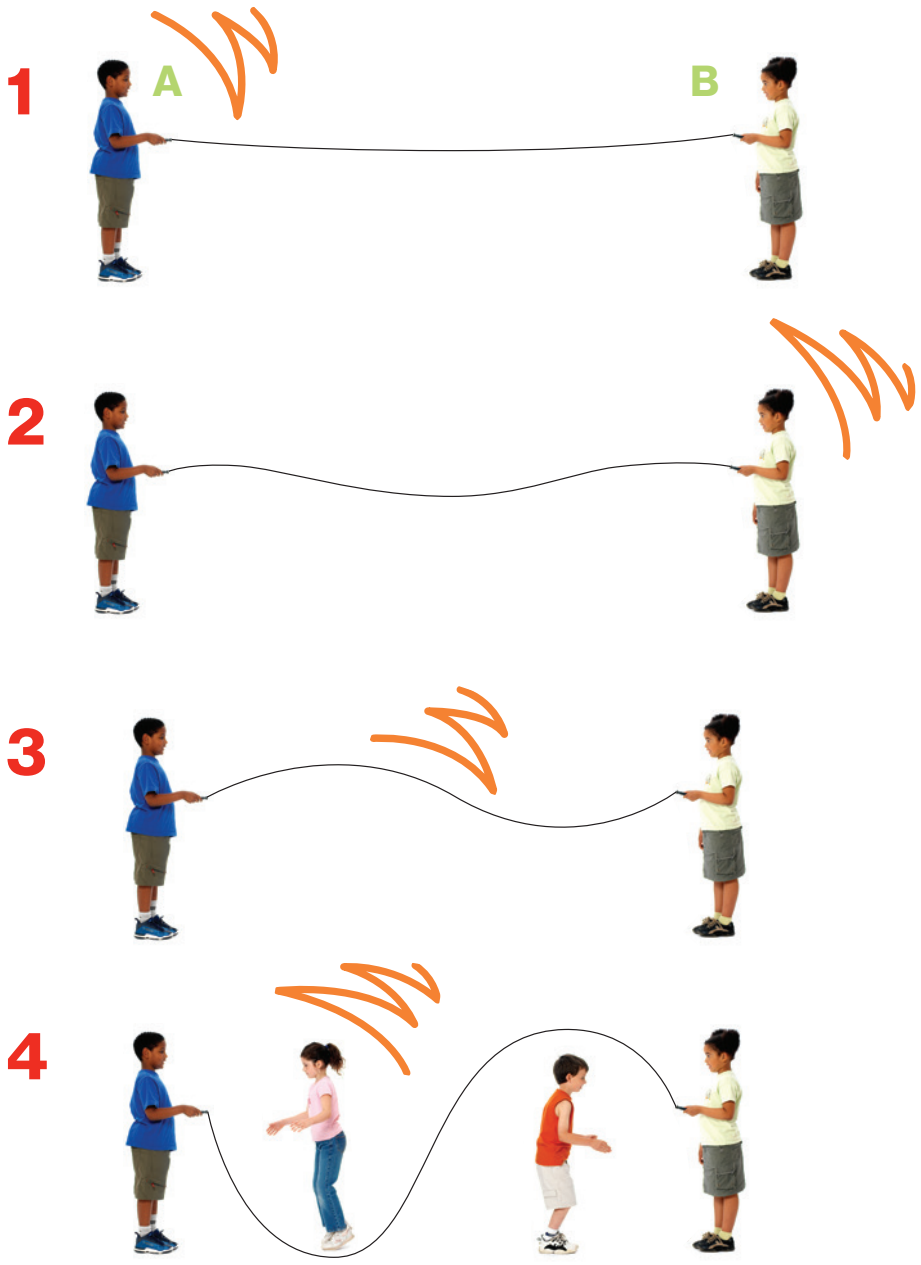
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Double Loop

1. Two turners hold a long rope and pull back so that the rope doesn't touch the floor. Turner A begins making small, fast circles with their hand, turning clockwise.
2. As the "waves" or loops reach the other end, turner B begins turning counter-clockwise with opposite timing (when turner A's hand is up, turner B's hand is down).
3. Both turners move in toward each other, making larger, slower circles until the loops hit the floor.
4. Two jumpers enter at each end of the rope from the front-door side, using a single bounce.



Eggbeater – Turning

1. Four turners stand in a square, one in each corner, with two ropes crossing in the centre of the square.
2. All turners lift their ropes at the same time and turn them at the same speed.

You can have up to five jumpers in the Eggbeater! They should all enter from the front-door side of the ropes.



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