

Jumping Rope Scoring Sheet

*Reference Critical Elements from Rubric

1	2	3	4	5	6	7
The student is unable to perform a forward or backward jump using a self-turned rope AND is unable to perform 8 consecutive jumps with the teacher turning a long rope.	The student is able to perform a forward or backward jump using a self-turned rope AND performs 8 consecutive jumps with the teacher turning a long rope.	The student is able to perform at least three of the five critical elements of a mature pattern with a self-turned rope AND at least 3 different basic jump rope skills for 6 consecutive jumps.	The student is able to perform at least four of the five critical elements of a mature pattern with a self-turned rope. AND at least 4 different basic jump rope skills for 8 consecutive jumps.	The student is able to perform all five critical elements of a mature pattern with a self-turned rope. AND at least 4 different basic jump rope skills for 8 consecutive jumps.	The student is able to perform 2 different intermediate jump rope skills using a short rope and 2 different intermediate jump rope skills using a long rope. AND the student is also able to turn the long rope correctly.	The student is able to perform a student or teacher created sequence with a basic jump and three additional skills meeting all the following criteria: 8 consecutive jumps, 4 different jump skills and a self-turned rope. The transitions are smooth from one jump to the next.