

# Skipping Jumping Patterns!

Cut out 5 of your choice and glue them in any order to create a jumping routine.



## Bunny Hops

Hop over the rope  
on one foot



## Flashback

Swing the rope in the other  
direction, jumping backward



## Run It

Run or jog forward over the  
rope



## Firecrackers

Jump as fast as  
you can



## Jump Rope Jacks

Jump with feet together  
then feet apart



## Twister

Twist body to one side and  
then the other when jumping



## Ski Jumper

Spread the rope on the floor  
and jump side to side over it



## Crisscross

Criss cross legs on every  
other jump



## Donut Jumps

Make the rope into a circle on  
the ground, jump into the circle  
then out



## Crossovers

Cross arms on every other  
jump

Then you have to complete the routine. **EXTENSION:** Record routine and email to class teacher for an extra challenge