



# Physical Education



## Jump Rope Skills Practice

Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Short Jump Rope	SU	M	Tu	W	Th	F	Sa
Swing rope on side and jump (5+ times)							
Double jump (5+ times)							
Single jump (5+ times)							
One-foot jump (5+ times)							