

ROPE SKIPPING



HOW DO I MEASURE MY ROPE ?

◎ TO CHECK THE CORRECT LENGHT OF YOUR ROPE :

1. HOLD THE ROPE IN BOTH HANDS.
2. STAND ON THE MIDDLE OF THE ROPE WITH BOTH FEET
3. THE HANDLES OF THE ROPE MUST BE UNDER YOUR ARMPITS



JUMP TECHNIQUE

- ◉ STAY UPRIGHT AND RELAXED
- ◉ YOUR **KNEES SLIGHTLY BENT** ON EACH JUMP
- ◉ **AVOID EXCESSIVELY** HIGH AND WIDELY MOVING ARMS, your wrist must touch(graze) your hips when you are jumping .
- ◉ **DON'T LOAD** YOUR FEET AND HEELS SO MUCH WHEN YOU LAND
- ◉ SHOULD START BY LANDING ON TWO FEET AND CAN DO A **DOUBLE BOUNCE** BETWEEN EACH ROPE TURN .

SKIPPING STYLES

- ◉ SINGLE ROPE
- ◉ SHARED ROPE WITH A CLASSMATE
- ◉ SHARED ROPE WITH 3 CLASSMATES
- ◉ SHARED ROPE WITH A LOT OF CLASSMATES WITH A LONG ROPE
- ◉ DOUBLE DUTCH

SINGLE ROPE STYLES

- ◎ [..\..\Downloads\50 Jump Rope Exercises to Build a Better Body \[Bloom to Fit\].mp4](#)

Choreography

- ◉ [..\..\Downloads\Yves LaRock - Rise Up.mp4](#)
- ◉ Rise up video
- ◉ IN GROUPS YOU MUST CREATE A CHOREOGRAPHY WITH MUSIC of 1,30 “
- ◉ THE COMPOSITIONS SHOULD BE :
 - > ROPE SKIPPING
 - > BASIC AEROBICS
 - > GYMNASTIC SKILLS; forward roll, backward roll, cartwheel, straight handstand , bridge...
 - > <http://www.drillsandskills.com/skills/Floor/Z/bfz008>