

Turner and Jumper

JUMP ROPE PARTNER TRICKS

- Partner A outside rope holds and turns 1 handle.
- Partner B inside rope holds and turns other handle while jumping.
- Switch roles.

Challenges

- How many can you do in a row without error?
- How many can you do before the signal?
- Can you do it backwards?

STANDARDS ADDRESSED:



Front-to-Front

JUMP ROPE PARTNER TRICKS

- Partner A holds both handles of rope.
- Face each other and jump while Partner A turns rope.
- Switch roles.

Challenges

- Can you do it backwards?
- Can you do it with a single bounce?



STANDARDS ADDRESSED:

Front-to-Back

JUMP ROPE PARTNER TRICKS

- Partner A holds both handles and faces Partner B's back.
- Partner A turns rope while both jump.
- Switch roles.

Challenges

- How many can you do in a row without error?
- How many can you do before the signal?



STANDARDS ADDRESSED:

Back-to-Front

JUMP ROPE PARTNER TRICKS

- Partner A holds both handles and faces away from Partner B.
- Partner B faces back of Partner A.
- Partner A turns rope while both jump.
- Switch roles.

Challenges

- Can you do it with a single bounce?
- Can you do it with your eyes closed?



STANDARDS ADDRESSED:

Back-to-Back

JUMP ROPE PARTNER TRICKS

- Partner A holds both handles.
- Partners stand back-to-back.
- Partner A turns rope while both jump.
- Switch roles.

Challenges

- How many can you do in a row without error?
- Can you do it backwards?



STANDARDS ADDRESSED:

Turn While Jumping

JUMP ROPE PARTNER TRICKS

- Partner A holds both handles.
- Partner B faces front of Partner A who turns rope while both jump.
- Partner B jumps in a small circle.

Challenges

- Can you switch direction each turn?
- Can you turn with eyes closed?



STANDARDS ADDRESSED:

Side-by-Side Facing Same

JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing forward, each holding rope with outside hands.
- Both turn and jump.

Challenges

- How many can you do in a row without error?
- Can you do it backwards?



STANDARDS ADDRESSED:

Side-by-Side Facing Opposite

JUMP ROPE PARTNER TRICKS

- Stand side-by-side 1 facing forward, the other backward, each holding rope with outside hands.
- Both turn and jump.

Challenges

- How many can you do in a row without error?
- Can you do it with a single bounce?

STANDARDS ADDRESSED:



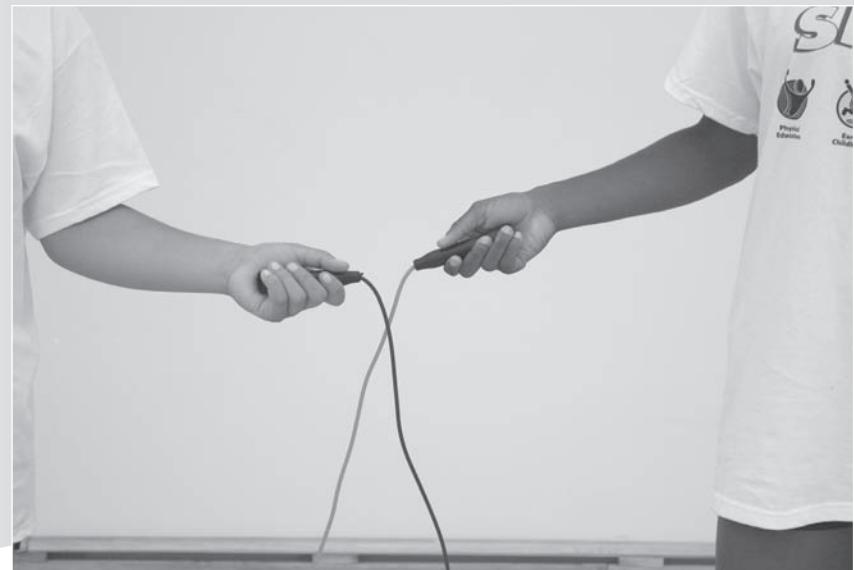
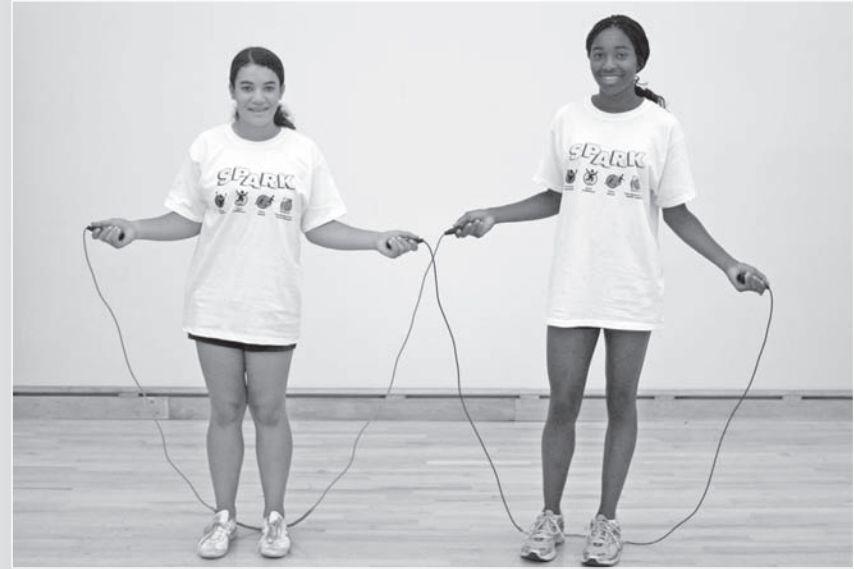
2-Rope Exchange Facing Same

JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing same direction.
- Exchange handles of inside hands.
- Turn and jump together.

Challenges

- How many can you do in a row without error?
- Can you do it backwards?



STANDARDS ADDRESSED:

2-Rope Exchange Facing Opposite

JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing opposite directions.
- Exchange handles of inside hands.
- Turn and jump together, one turning forward, the other backward.

Challenges

- How many can you do in a row without error?
- Can you do it with a single bounce?

STANDARDS ADDRESSED:

SPARK™
MS SKILL CARD



Partner Trick With Tossable

JUMP ROPE PARTNER TRICKS

- Jump the Front-to-Back while a 3rd person plays catch with the non-turning partner.

Challenges

- How many items can you “juggle” through the person catching?



STANDARDS ADDRESSED:

Create a Trick

JUMP ROPE PARTNER TRICKS

- Create a new trick with your partner.

Challenges

- Can you teach another pair?
- How many can you do in a row without error?

STANDARDS ADDRESSED:
