Jog and Jump

- Jog and turn the rope at the same time.
- Step over the rope as it hits the ground.

Challenges
- How many can you do in a row without error?
Double Bounce

• Your feet touch the ground 2X for each turn of the rope.
• The rope moves slowly.
• Most tricks are easier when done with a double bounce.

Challenges
• Can you do it backwards?
• Can you do it with your eyes closed?

STANDARDS ADDRESSED:
Single Bounce

- Your feet touch the ground 1X for each turn of the rope.
- The rope moves quickly.
- Most tricks are more challenging when done with a single bounce.

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

STANDARDS ADDRESSED:

SPARK™ MS SKILL CARD
Hop

- Hop on 1 foot.
- Switch feet every 2-3 hops.

Challenges

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

STANDARDS ADDRESSED:
**Forward**

- Swing rope forward using any trick.

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

- Swing rope backward using any trick.

**Challenges**
- How many can you do in a row without error?
- How many can you do before the signal?
- Can you do it with your eyes closed?

**STANDARDS ADDRESSED:**
**Straddle**

- Alternate jumping with feet together and feet straddled.

**Challenges**

- How many can you do in a row without error?
- Can you do it backwards?
- Can you combine skills with no more than 1 jump between each skill?

**STANDARDS ADDRESSED:**

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SPARK™
MS SKILL CARD
**Bell**

- Jump forward and back with feet together, as though over a line.

**Challenges**
- How many can you do in a row without error?
- Can you do it backwards?
- Can you combine skills with no more than 1 jump between each skill?
Skier

• Jump side-to-side with feet together, as though skiing.

Challenges
• How many can you do before the signal?
• Can you do it with a single bounce?
• Can you do it with your eyes closed?
Rocker

• Put 1 foot forward, the other back.
• Rock from foot to foot, forward and back.

Challenges
• How many can you do in a row without error?
• Can you do it with a single bounce?
• Can you do it with your eyes closed?

STANDARDS ADDRESSED:
**Hopscotch**

- Alternate a straddle with a hop and switch feet with each hop as though moving through a hopscotch court.

**Challenges**

- How many can you do in a row without error?
- Can you do it with a single bounce?
- How many can you do before the signal?
Side swing

• Hold handles together and swing rope in a figure-8 in front of you, rope swinging to your R and L sides.
• Then separate hands and jump through rope.

Challenges
• Can you do it with your eyes closed?
• Can you combine skills with no more than 1 jump between each skill?
• How many different skills can you combine?

STANDARDS ADDRESSED:
Heel Taps

- Alternate tapping R and L heels in front.
- Use single bounce rhythm and alternate with each jump.

Challenges
- How many can you do in a row without error?
- How many can you do before the signal?
Heel/Toe Taps

- Alternate tapping R heel in front, R toe in back, then L heel in front and L toe in back.

Challenges
- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?
- How many different skills can you combine?

STANDARDS ADDRESSED:

SPARK™
MS SKILL CARD
Toe Taps

- Alternate tapping R and L toes in back.

Challenges
- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?
- How many different skills can you combine?
Twister

• Jump and twist lower body to the R and L while upper body stays forward.

Challenges
• Can you do it backwards?
• Can you do it with a single bounce?
• Can you do it with your eyes closed?

STANDARDS ADDRESSED:

SPARK™
MS SKILL CARD
The X

- Alternate a straddle followed by crossed feet.
- Alternate R and L foot in front each time you cross.

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

STANDARDS ADDRESSED:

SPARK™
MS SKILL CARD
Hot Peppers

• Use a single bounce rhythm with a very fast rope turn.

Challenges
• How many can you do before the signal?
• Can you do it backwards?
• Can you do it with your eyes closed?

STANDARDS ADDRESSED:
Can Can

• Alternate R knee up, then R kick, followed by L knee up then L kick.

Challenges
• How many can you do in a row without error?
• Can you combine skills with no more than 1 jump between each skill?
• How many different skills can you combine?
March Step

- Alternate R knee up, then down. Follow with L knee up, then down. (4 jumps total)

Challenges
- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?
- How many different skills can you combine?
Swing Kick

- Bring heel of R foot toward backside then kick R foot in front.
- Repeat with L side.
- 4 jumps total

Challenges
- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?
- How many different skills can you combine?
Heel Click

- Lift R foot above ground to the side. Keep R foot up and lift L heel to touch R heel. Land on the L foot.
- Repeat to L side.

Challenges
- How many can you do in a row without error?
- Can you do it backwards?
- Can you combine skills with no more than 1 jump between each skill?

STANDARDS ADDRESSED:
Razzle Dazzle

- Repeat with L side.

Challenges
- How many can you do in a row without error?
- Can you do it backwards?
- Can you combine skills with no more than 1 jump between each skill?
180° Turn

- Start with a forward jump (1st rotation).
- Swing rope to your R (2nd rotation) and rotate your body 180° to face backwards.
- Jump rope backwards once (3rd rotation).

Challenges

- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?

STANDARDS ADDRESSED:

SPARK™
MS SKILL CARD
2X180 Turn

- Start with a forward jump (1st rotation).
- Swing rope to your R (2nd rotation) and rotate your body 180° to face backwards.
- Jump rope backwards once (3rd rotation).
- Swing rope to your R again (4th rotation) and rotate your body another 180° to face front again and jump.

Challenges
- How many can you do in a row without error?
- Can you combine skills with no more than 1 jump between each skill?
Crisscross Crossovers

• Cross hands in front so L hand is on R side and R hand is on L side.
• Arms cross at elbows.
• Jump through rope.
• Next jump, switch top and bottom hands quickly, then jump through rope again.

Challenges
• How many can you do in a row without error?
• Can you combine skills with no more than 1 jump between each skill?
Crossovers

• Cross hands in front so L hand is on R side and R hand is on L side.
• Arms cross at elbows.
• Jump through rope.

Challenges
• How many can you do in a row without error?
• Can you do it backwards?
• Can you combine skills with no more than 1 jump between each skill?
Double Unders

• Turn rope very quickly so it moves under your feet 2X for each jump.

• Pick your feet up high to give you time for 2 turns.

Challenges
• How many can you do in a row without error?

• Can you combine skills with no more than 1 jump between each skill?

• Can you do it backwards?
Create a Trick

• Create your own individual trick.

Challenges

• Can you teach a friend?
• How many can you do in a row without error?
• Can you combine skills with no more than 1 jump between each skill?
• Can you do it backwards?