Unit: Jumping Grade: 3rd Level: 14- Jump Rope Backwards

S1.E27.3- Performs intermediate jump-rope skills (e.g. a variety of tricks, running in and out of long rope) for both long and short ropes.

Student Name	Starts with the rope in front of feet.	Turns the rope so it goes over head. When the rope is behind, hops over it with both feet.	Does a little bounce on the balls of feet between jumps.	S4.E1.3 Exhibits personal responsibility in teacher-directed activities. CASEL Self-Management-Impulse Control	Notes/Observations/ Next Steps