

**JUMP ROPE ROUTINE TASK CARD**

**Group Member Names**

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**Group Routine Criteria**

- ✓ The routine must include a minimum of 4 different jump rope tricks.
- ✓ The minimum length of the routine must be 16 total jumps.
- ✓ The routine must be performed by all group members, in unison.

**Required Tricks**

Trick 1 \_\_\_\_\_ (4 Jumps)

Trick 2 \_\_\_\_\_ (4 Jumps)

Trick 3 \_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_ (4 Jumps)

**Bonus Tricks**

Trick 4 \_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_ (4 Jumps)

Trick 4 \_\_\_\_\_ (4 Jumps)

**Activity Bonus**

Step Total Goal: \_\_\_\_\_ Step Total Final: \_\_\_\_\_

*Or...*

Heart Rate Goal: \_\_\_\_\_ Heart Rate Final: \_\_\_\_\_