



LEARNIN' THE

Ropes

PRESENTS

JUMP ROPE
FITNESS

For Kids!



LEARNIN' THE *Ropes*

Presents
Jump Rope Fitness for Kids



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Produced by
Learnin' The Ropes

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Please DO share skill cards and videos with your own students.
Please DO NOT share the materials of this program with other teachers,
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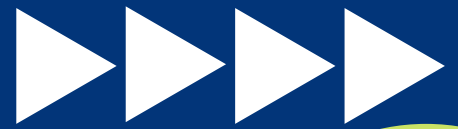


A note from the authors:

*This program is designed to serve students ages 7 – 12. We sincerely hope that you and your students enjoy jumping with us.
Happy Jumping!*

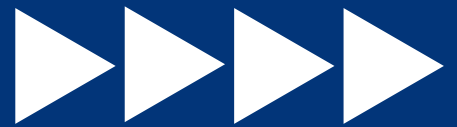
Nick and Kaylee Woodard

TABLE OF CONTENTS



- **What is Jump Rope** - P.2
- **Meet The Coaches** - P.3
- **Why Jump Rope** - P.4 - P.5
- **Getting Started** - P.6
 - **Rope Sizing** - P.6
 - **Types of Ropes** - P.7 - P.8
 - **Jump Rope Provider** - P.9
 - **Safety** - P.10 - P.11
- **Course Structure** - P.12
 - **Session 1** - P.13
 - **Session 2** - P.14
 - **Session 3** - P.15
 - **Session 4** - P.16
- **Skill level and Description** - P.17
 - **Red** - P.18 - P.20
Single Bounce, Double Bounce, Single Leg Hops, Side Swings, Backward Jump
 - **Blue** - P.21 - P.23
Skier, Bell, 180, Walk the Dog, Arm Wraps, Beginner Push Up
 - **Green** - P.24 - P.27
Side Straddle, Forward Straddle, X-Motion, Wounded Duck, Double Side Swing Jump, Single Side Swing Jump, Full Turn
 - **Purple** - P.28 - P.33
Twister, Peekaboo, Knee Ups, Criss Cross, 360, Mountain Climber, Locked Criss Cross
 - **Yellow** - P.34 - P.39
Heel to Heel, Toe to Toe, Heel to Toe, Mad Dog, Side Cross, Backward Criss Cross, Speed Step, Bubble

TABLE OF CONTENTS



- **Orange** - P.40 - P.45

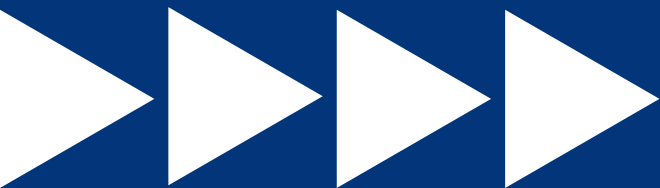
*Double Under, Swing Kicks, Leg Over, Caboose w/ a Cross, Can Can, Mad Dog
360, Double Under Criss Cross, Double Under 180*

- **Skill Cards**

- **Red** - P.46
- **Blue** - P.47
- **Green** - P.48
- **Purple** - P.49
- **Yellow** - P.50
- **Orange** - P.51

- **Color Achievement** - P.52

- **Contact Us** - P.53



Jump rope is a fun fitness activity that has been around for decades!

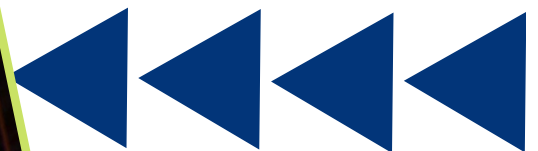
"JUMP ROPE HAS BEEN KNOWN TO IMPROVE CARDIOVASCULAR FITNESS, MUSCULAR STRENGTH, AND ENDURANCE."

It also helps to establish balance, footwork, stamina, motor skills, and more that can serve individuals in many other sports.

What many people do not know is that jump rope is also an international sport. Jump rope is an up and coming sport that is spreading rapidly around the world. Within the sport of jump rope there are two main disciplines: single rope and double dutch, and within each of these disciplines, athletes compete in speed events and freestyle events. Speed events test the athletes' ability to perform an alternating jog step as fast as possible for an allotted amount of time. Freestyle events provide athletes with a chance to be creative and demonstrate powerful skills as individuals and with teammates.

**"JUMP ROPE IS A FOREVER EVOLVING,
UNIQUE OUTLET FOR YOUTH"**

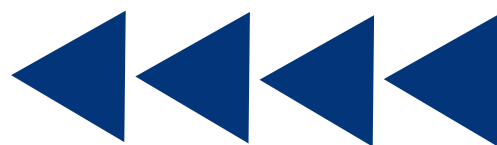
It is both a useful tool to help athletes improve in other sports, but it is also a sport in itself.



FIRST THINGS FIRST-

3

MEET THE COACHES



Nick and Kaylee Woodard will be guiding you and your students through this jump rope experience. Nick and Kaylee are world-renowned jump rope athletes and coaches who have been a part of the sport for a combined total of 49 years!

In addition to winning multiple world championship titles in the sport of jump rope, Nick and Kaylee are both well educated in Exercise Science and Fitness. Nick has a master's degree in Sport Management and holds several fitness certifications through the National Academy of Sports Medicine. Kaylee has a doctorate degree in Motor Skill Learning and Sport Psychology. She is also a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Nick and Kaylee are both passionate about helping young people to become more active, physically fit, and confident in physical activity settings. Even more importantly, they want to help kids develop a lifelong love for movement. They believe that the BEST way to do that is through the exciting and unique sport of jump rope!

**Combined
National Titles**

6

**Combined
World Titles**

20

**States
Traveled**

35+

**Countries
Traveled**

20+

**NBA & NCAA
Teams
Performed for**

16

THE FOLLOWING ARE A FEW OF
THE MANY BENEFITS OF JUMP ROPE

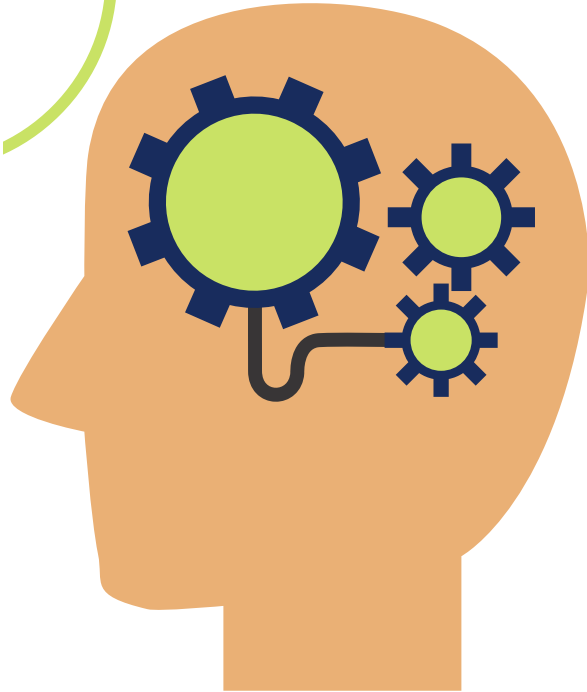
PHYSICAL BENEFITS

- Improves cardiovascular fitness
 - Increases agility and footwork
 - Develops total-body coordination
 - Improves athletic performance
 - Enhances balance
 - Increases bone density
 - Strengthens upper and lower body musculature
-
- Helps prevent foot and ankle injuries
 - Places less stress on joints than running
 - Burns mega calories! 🔥
(as many as 300 in 15 minutes)



COGNITIVE BENEFITS

- One of the most effective exercises for improving cognitive function
- Supports memory and information processing
- Helps to increase ease of learning and to develop reading and language acquisition skills due to the cross-lateral and rhythmic movements involved in jumping rope.



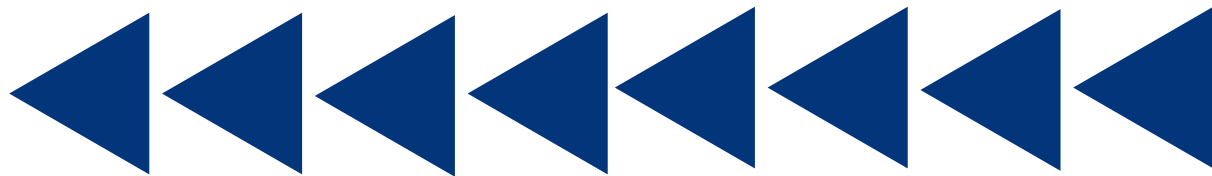
PSYCHOLOGICAL & SOCIAL BENEFITS:

- Boosts self-confidence
- Decreases feelings of anxiety and stress
- Enhances feelings of autonomy
- Improves communication and teamwork skills
- Enhances problem-solving
- Encourages a strong work ethic
- Provides endless opportunities for personal improvement and creativity



COURSE STRUCTURE

12



This package includes four fully guided class sessions. During each session we will lead your class through a warm up, a short workout, a few challenges, and a fun time of learning new jump rope skills!

CLASS COMPONENTS

Warm up – General warm up designed to prepare students' bodies for the jumping and exercises they will do throughout the session.

Workout – Brief workout designed to get students moving and having fun! Workouts target cardiovascular fitness, muscular strength, endurance, and core stability. Workout durations range from 4 – 10 minutes.

Challenges – Each session will include a special challenge! Students will be encouraged to count themselves or a partner on a skill and/or fitness activity for a specific time duration (e.g., number of jumps in 20 seconds, number of curl ups in 30 seconds, etc.). Jump rope specific challenges will progress during each session so that the jumpers can challenge themselves to beat their personal best scores.

New Skills - Students will learn 2 – 4 jump rope skills during each session. Skills will include footwork, turns, rope releases, and will help students build coordination, confidence, agility, rhythm, and of course, their jump rope proficiency.

WARM UP

15 Jumping Jacks

10 Squats

2 Knee Hugs each

30 High Knees

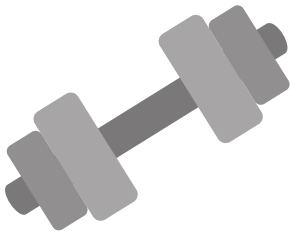
10 Arm Circles Forward and Backward

10 Shoulder Taps

Repeat all exercises with half reps.

WORKOUT: TABATA STYLE

20 Secs on / 10 Secs off / 2 Rounds

**EXERCISES:**

Skiers (no rope)

Jump Rope

Squats

Shoulder Taps

**CHALLENGE**

Number of Jumps in 20 seconds

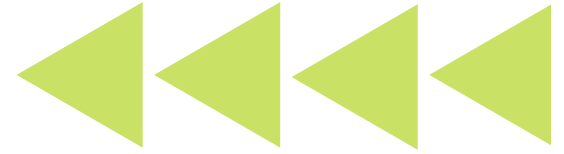
ATTEMPT 1:

ATTEMPT 2:

Skills:

- Skier
- Single Leg Hop
- Push Ups

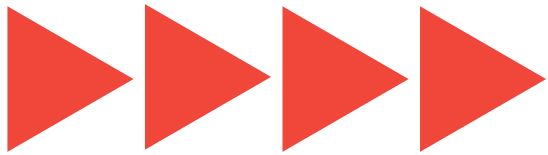
SKILL LEVELS & DESCRIPTIONS



This section contains over 30 beginner single rope skills grouped by color. Each color group contains skills that are slightly higher in difficulty than the previous color.

Additionally, each color group is designed to contain a variety of skills, including footwork, arm work, turning, and more. This variety helps to ensure that each student, no matter their specific strengths, can find some level of success and challenge within each color group.





RED SKILLS

Side Swings

The jumper will begin in ready position and turn the rope over the head.

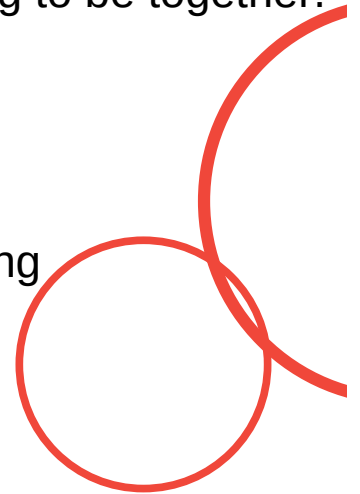
As the rope reaches its peak, the jumper will bring both of their hands together and swing the rope to one side of the body. As rope drops by their side, the jumper will continue making a circle with both hands together in order to make the rope “swing” from the bottom to the top of the side swing. When the rope reaches its peak, the jumper will transfer the rope to the other side and repeat the same circular motion. The rope will swing from side to side with the hands continuing to be together.

Teaching Points:

- Pretend you're rowing a boat.

Common Mistakes:

- Reversing the direction of the rope rather than continuing smooth, circular motions in the forward direction.
- Keeping the hands apart.
- Twisting the shoulders and torso.



Backward jump

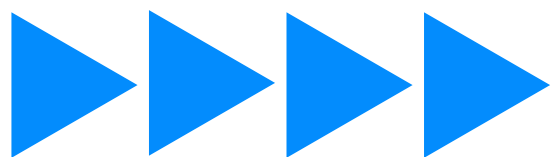
The rope will start in front of the jumper's feet. The jumper will begin by swinging the rope forward and over the head with one big swing of the arms. The jumper will begin to jump as the rope approaches their heels. Once the first jump is completed, the jumper's arms will remain by their hips, and their wrists and forearms will work together to rotate the rope backward with small circles. With each turn of the rope, the jumper will perform only one jump with their feet.

Teaching Points:

- Turn the rope with your wrists.
- Keep your arms low.

Common Mistakes:

- Jumping too early.
- Lifting hands and arms too high.



BLUE SKILLS

Arm Wraps

The jumper will begin with a swing to one side while extending the outside arm straight out and away from the body. After completing the initial swing, the jumper will continue rotating their extended arm in a forward, circular motion, causing the rope to wrap around the arm several times. To unwrap the rope, the jumper will reverse the direction of the arm's rotation so that the rope moves backward. Once the rope has unwrapped completely, the jumper will jump over the rope backward.

Teaching Points:

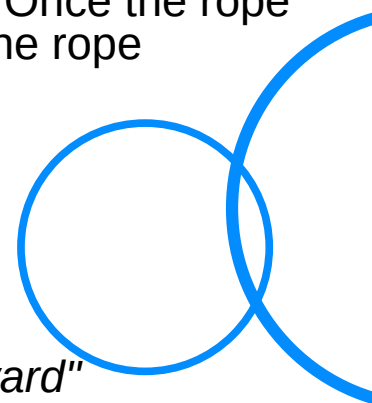
- Strong side swing.
- Make small circles with the arm.

Teaching Cues:

- *"Wrap, Wrap, Wrap...Unwrap, Unwrap... Jump Backward"*

Common Mistakes:

- Trying to jump backward before the rope has completely unwrapped.



Push Up

The jumper will begin with an open jump, landing in a squatted position with the rope in front of them. Trapping the handles with their hands on the ground, the jumper will extend their legs into a push-up (i.e., high plank) position. After reaching this position, the jumper will return to the original squatted position. The jumper will then stand up, drag the rope toward their feet, and jump over the rope forward.

Teaching Points:

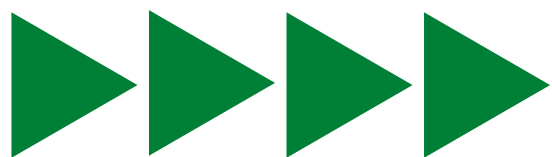
- Make a "U" shape with the rope in front of the body (during the first squat).
- Drag the rope toward feet when you stand up.
- Hop over the rope to complete the skill.

Teaching Cues:

- *"Jump, Squat, Out, Squat, Drag and jump"*

Common Mistakes:

- Rope is not in front of jumper during the squat and/or pushup position.
- Jumper jumps the rope backward after the skill.



GREEN SKILLS

Full Turn

The jumper will perform a full 360-degree spin while their rope remains in front of the body. The jumper will begin with a side swing. As the rope approaches the bottom of the swing, the jumper will spin toward the rope and follow it for a full 360-degree turn. The rope will remain in front of the jumper's body for the entire spin. The rope will follow a "down, up, down" movement pattern. The upward movement of the rope should reach its peak right after the jumper reaches the 180-degree point in their spin. The jumper will jump over the rope, forwards, as it makes its final downward movement.

Teaching Points:

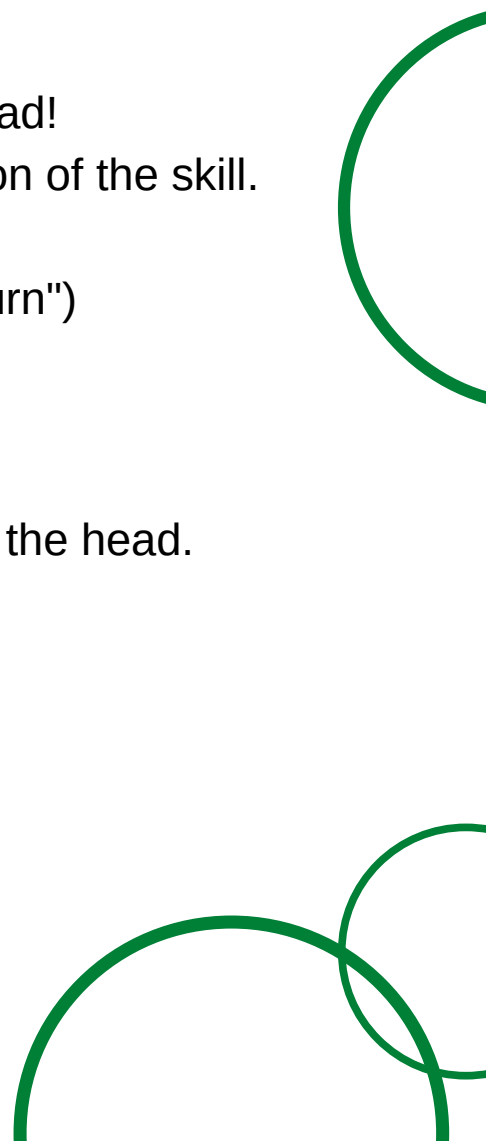
- Eyes on the rope. Don't let it fall behind your head!
- Keep the rope in front of the body for the duration of the skill.

Teaching Cues:

- "*Jump, Turn, Jump*" (emphasize and prolong "turn")
- "*Jump, Down, Up, Jump*"

Common Mistakes:

- Not rotating fast enough.
- Lifting the rope too high and letting it fall behind the head.



▶▶▶▶ PURPLE SKILLS

Mountain Climber

The jumper will begin in runner's lunge position with the front knee bent at 90 degrees and the back leg extended straight behind the body. While the legs are in this position the hands will be placed on the sides of the front foot, gently touching the ground. The jumper's weight should be primarily centered on the front foot. The jumper will lay the rope in front of them in a U-shape, similar to a push up (see above). They will then pull the rope back and around their body while they switch their feet. As the rope finishes its revolution around the body, the opposite foot will land in front of the body and will now bear the jumper's weight. The jumper will continue to jump the rope and switch their feet back and forth.

Teaching Points:

- Pull the rope back and around.
- Balance on the front leg.

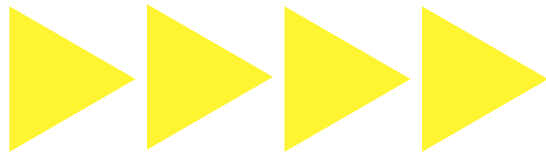
Teaching Cues:

- *"Lunge, Switch, Lunge Switch"*

Common Mistakes:

- Not pulling the rope.
- Standing straight up.





YELLOW SKILLS

Heel To Toe

This skill requires the jumper to perform 2 consecutive jumps on each foot. During the first jump, the heel of the other foot will strike the ground just in front of the supporting foot. During the second jump, the toe of the other foot will strike the ground just behind the heel of the supporting foot. The jumper will then repeat this cycle with the opposite foot.

Teaching Points:

- Shift weight to the supporting foot for both jumps.
- Work on the foot movements without rope.

Common Mistakes:

- Trying to put weight in the heel or toe that is striking the ground.

Mad Dog

The jumper will begin by completing a 180 (see “180”). After completing the backward jump at the end of the 180, the jumper will perform another 180-degree spin in the reverse direction. The rope will rise and remain in front of the body during the reverse spin. As the jumper reaches the ending position, they will pull the rope down in front of the body and complete a forward jump.

Teaching Points:

- See teaching cues for the 180.
- Make a rainbow with your rope after taking the backward jump.
- When you are facing the front wall, pull the rope down and jump forward.

Common Mistakes:

- See common mistakes for the 180.
- Not reversing the direction of the spin after the first 180.
- Allowing the rope to fall behind the head during the second spin.

ORANGE SKILLS

Caboose With Cross

The jumper will begin with the legs set slightly wider than shoulder width apart and the rope in ready position. After lifting the rope over the head, the jumper will reach forward and then cross the arms between the legs, placing each forearm behind the opposite knee. The jumper will use their wrists and the momentum of the rope to rotate the rope over the head while in the crossed position. The jumper will then jump over the rope. After jumping, the rope will stop on the floor behind the jumper, and the jumper will reverse the direction of the rope, pulling it to the front and over the head for a backward jump. The jumper should end in a standing position as they complete the backward jump.

Teaching Points:

- Reach in forward before crossing behind your knees. This will help you gain momentum to get the rope over your head.
- Cross big! I want to see your handles on the opposite sides of your knees!
- Wait to jump until you see the rope (while in the crossed position).

Common Mistakes:

- “Slapping” the ground with the rope when entering the crossed position.
- Uncrossing the arms too early.
- Jumping too early.

GREEN SKILLS

SKILL:

TRIED IT: GOT IT:

4 Side Straddles

☐
☐

8 Forward Straddles

☐
☐

4 X Motion

☐
☐

Double Side Swing Jump (L to R)

☐
☐

Double Side Swing Jump (R to L)

☐
☐

Single Side Swing Jump (Left)

☐
☐

Single Side Swing Jump (Right)

☐
☐

Full Turn (Left)

☐
☐

Full Turn (Right)

☐
☐

CHALLENGE

Number of Double Side Swing jumps
in 30 Seconds

ATTEMPT 1

ATTEMPT 2

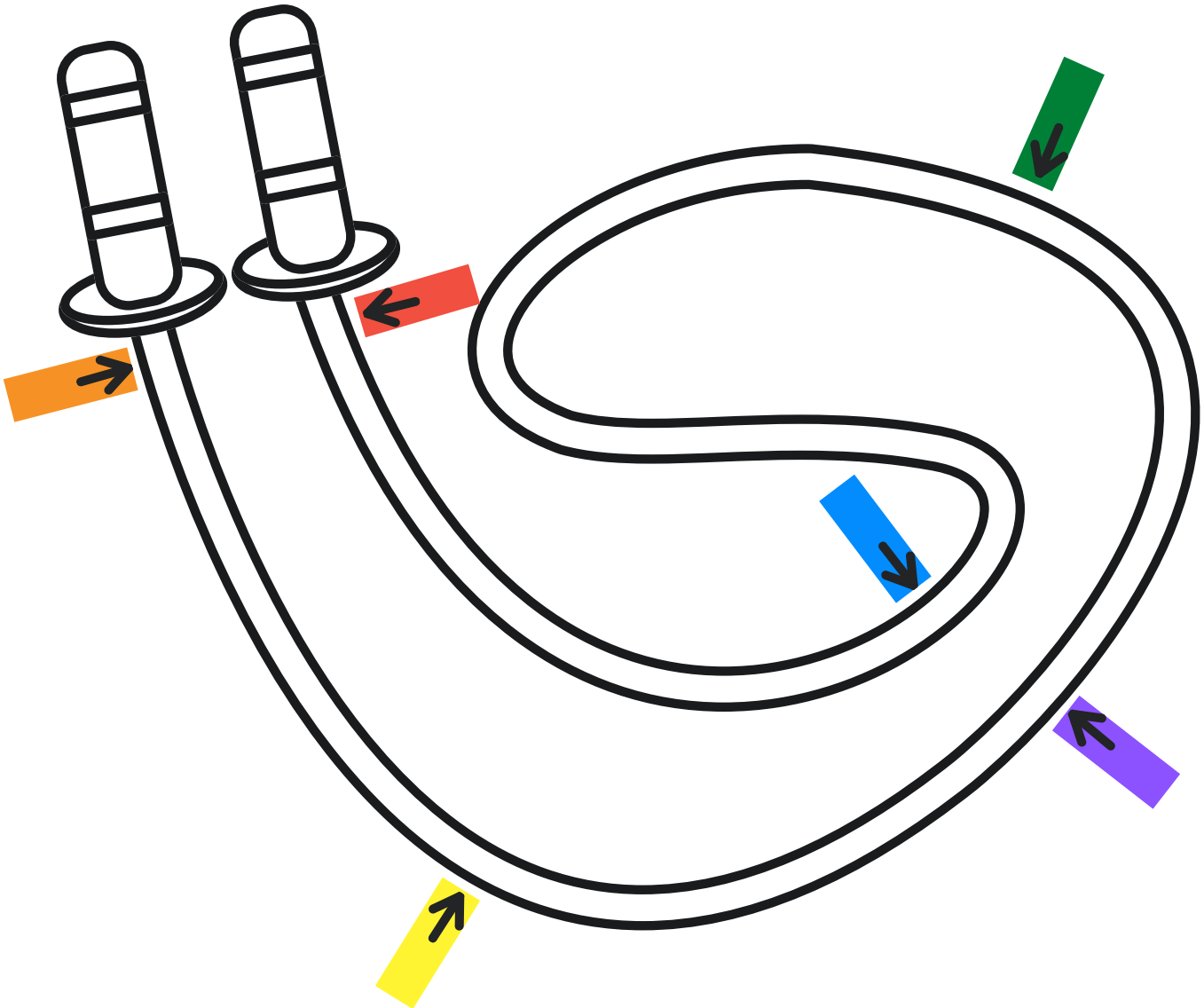
ATTEMPT 3

ATTEMPT 4

COLOR YOUR ACHIEVEMENTS! ⁵²

After you have completed each skill color, color a portion of the jump rope! When you have completed all of the skill cards, you will have a fully colored jump rope!

Each color marker indicates where to start each color.

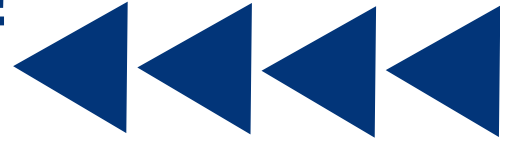


CONGRATS!

YOU HAVE COMPLETED THE
LEARNIN' THE ROPES COURSE!

HAVE QUESTIONS?

CONTACT US!



WE WOULD LOVE TO HEAR FROM YOU!

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www.learnintheropes.com

