Getting started

Measure your rope
Stand on the middle of the rope with feet together and then hold the rope up to the sides of your body. The rope is an ideal length if the handles reach the armpits.

Jumping rhythm
1. Explore different jumping rhythms without a rope.
2. Learn to jump a long rope.
   - Establish the jumping rhythm. Begin with activities that do not involve a rope.
   - Move on to activities centred around one single long rope. This rope does not turn a full circle.
   - Progress to activities that involve a long rope turning a full circle (practice turning and jumping).
   - Introduce footwork, single ropes, games and rhymes in the long rope once the basics have been mastered.
3. Learn to jump a short rope.
   - Practice turning the single rope.
   - Practice stepping & jumping over the turned rope.
   - Progress to continuous jumping over the rope.

Basic jump (Single bounce)
Skill prerequisite: Learn to turn and jump.
Explanation:
1. Jump on both feet.
2. Jump once for each turn of the rope.
Tips: Keep feet, ankles and knees together.
Land on the balls of the feet.
Cue: Jump, jump, jump, jump.
Basic level

Single rope skills

Single Side Swing and Jump
Skill prerequisite: Side Swing and Basic Jump.
Explanation:
1. Swing rope to left side.
2. Open hands and jump over rope.
3. Swing rope to right side.
4. Open hands and jump over rope.
Tips: Hold one rope handle in each hand. Begin to open hands as soon as you start the downward part of the swing. Only open hands wide enough to fit body through to jump rope.
Cue: Swing, jump, swing, jump.

Skier
Skill prerequisite: Basic Jump.
Explanation:
1. With feet together jump left.
2. With feet together jump right.
Tips: Feet move laterally 15-20cms to each side.
Cue: Left, right, left, right.

Partner skills

Two-In-One Rope Face-To-Face: Basic Jump
Skill prerequisite: Basic Jump.
Explanation:
1. Partners face each other, one partner controls the rope.
2. Both jump basic jump.
Tips: Partners should jump in unison. Start with a double bounce rather than a single bounce jump.
Cue: One, two, ready, go, jump, jump, jump.
Basic level

Long rope skills

Flat Rope

Skill prerequisite: None.
Explanation:
1. Turners hold rope on ground.
2. Jumpers jump over the stationary rope.

Multiple rope skills

Egg Beater

Skill prerequisites: Single Long Rope Entering (Front door and Back Door) and Single Long Rope Exiting.
Explanation:
1. Two ropes, four turners.
2. Each turner stands in the corner of an imaginary square.
3. Two ropes cross in centre of square.
4. Start both ropes turning together.
5. Jumper will find it easier to enter where both ropes are coming towards them.

Tips: Jumpers use a double bounce jump.
Mark an “X” on the ground for centre of cross, where jumpers land.
Jumpers should learn to enter and exit from all four positions.
Turners of top rope need to turn a higher loop.
Turners of the bottom rope need to turn a lower oval shaped turn.
Cue: One, two, one, two.

Double Dutch skills

Double Dutch Turning

Skill prerequisites: Single Long Rope Turning.
Explanation:
1. Partners face each other holding the handles of two long ropes in their hands. One partner moves back until ropes are taut.
2. Begin turning in small circles and gradually move in towards each other until the ropes are hitting the ground with an even beat.
3. The turner’s arms move alternately with an even beat.
4. Use your wrists to turn the ropes, holding your elbows loosely at your sides.
5. Make sure that both your hands are doing the same size circle when they are turning.

Tips: Use your ears to listen to the sound of the ropes hitting the ground to make certain they are turning evenly.
Don’t cross your hands over the mid-line of your body otherwise the ropes will connect with each other and you will lose control of them.
Keep the ropes moving slowly and steadily with no slack.
Keep a little tension in the ropes.
Cue: One, two, one, two.
Intermediate level

Single rope skills

Criss Cross
Skill prerequisite: Basic Jump.
Explanation:
1. Basic Jump.
2. Cross arms until elbows touch and jump.
3. Open rope and perform basic jump.
4. Cross right arm over left or cross left arm over right.
Tips: Hold handles in extended position.
Cross arms at elbows.
Cue: Jump, cross, open.

Double Under
Skill prerequisite: Basic Jump.
Explanation:
1. With each jump the rope passes under the feet twice.
2. Whip rope with wrists to increase speed.
3. Perform three basic jumps and one double under, then repeat.
Tips: Jump slightly higher than normal.
Ensure landing is safe.
Don't straighten or lock your knees when jumping.
Cue: One, two, three, double.

Partner skills

Link Jumping
Skill prerequisite: Basic Jump.
Explanation:
1. Partners stand shoulder-to-shoulder facing forward, each with the rope behind them.
2. Exchange inside handles.
3. Perform basic jump in unison.
4. Try to jump and perform side straddles, can can, bell etc.
5. Join four or more links together as a variation.
Tips: Jumpers must begin together and jump at the same speed.
Cue: One, two, ready, go, jump, jump, jump.
Intermediate level

Long rope skills

Single Long Rope Turning

Explanation:
1. Upper arm stationary.
2. Elbow held loosely at side.
3. Rotate wrist.
Tips: Keep thumb up.
Keep rope on same side of turners’ bodies.
Practice turning with both arms, turning clockwise with left hand and counter clockwise with right hand.
Cue: One, two, ready, turn.

Multiple rope skills

Long and Short


Explanation:
1. Jumper holds short rope behind, runs in and jumps in the long rope.
2. Jumper turns the short rope in time with the long rope and jumps.
Tips: Jumper watches turners hand to match speed of rope turning.
Face the same way as the long rope is being turned.
Cue: One, two, ready, in, one, two, ready, go.

Double Dutch skills

Entering/Exiting: Figure Eight

Skill prerequisites: Double Dutch Entering and Double Dutch Exiting.

Explanation:
1. Enter, jump, exit toward the second turner and walk around turner.
2. Then enter, jump, exit and walk around first turner, completing a figure eight pattern.
Tips: Continue the pattern with other jumpers.
Cue: One, two, ready, go, jump, out, around, in, jump, out, around.

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2008
Advanced level

Single rope skills

Up and Under (Pretzel or Crougher)
Skill prerequisites: Basic Jump and Under-The-Leg Pass.
Explanation:
1. Raise right leg, lower right arm between knees and extend right elbow under right knee.
2. Hop on left foot as arm goes under leg.
3. Jump with right toe pointed inwards.
4. Pull right arm down and exit with side swing left.
Tips: Handles in extended position. Jump higher than normal. Keep slow steady pace. Extend arm under leg as far as possible, so knee is resting on elbow.
Cue: Jump, under, jump, swing.

Dipsy Doodle
Skill prerequisites: Basic Jump, Backward Jump and Criss Cross.
Explanation:
1. Start with a basic jump.
2. As soon as rope passes under feet and begins next turn, cross arms as though doing criss cross.
3. Bend forward and bend knees and perform the criss cross between legs making sure your wrists are behind your knees.
4. Flick the rope over head.
5. Jump over rope and commence turning rope backwards.
Tips: Hold handles in extended position. Use the cross to ‘push’ the rope out and over head.
Cue: Jump, bend cross and flick, jump.

Partner skills

The Wheel (Chinese or Alternate)
Skill prerequisite: Link Jumping.
Explanation:
1. Partners stand side-by-side facing forward, each with a rope.
2. Exchange inside handles so that left rope is at the back.
3. Cue the turning: left hands turn on the first “Go”, back rope turns first, then the other.
4. Cue the jumping: left partner jumps on the first “Jump”.
Tips: Practice turning motion using a jumper between two helpers, each holding one end of a rope. Learner faces the middle and turns ropes alternately, in a swimming motion. Helpers do not turn.
Learner jumps in time to slow beat of ropes.
Jumpers must stay close together and jump with feet together to keep rope from catching on feet.
Cue: One, two, ready, go, go, jump, jump.
**Advanced level**

**Long rope skills**

**Figure Eight Run Throughs**

- **Skill prerequisite:** Run Through.
- **Explanation:**
  1. Run through the rope as in run through skill.
  2. Continue to travel around the turners in a figure eight pattern.
- **Cue:** One, two, ready, run, round turner.

**Multiple rope skills**

- **Skill prerequisites:** Long and Short.
- **Explanation:**
  1. A 5.0m rope is turned.
  2. Two jumpers enter with a 3.0m rope, turning their rope while jumping the 5.0m rope.
  3. A third jumper runs into the two turning ropes with a short rope that they turn in time with the other two ropes.
- **Tips:** Exaggerate the slow turning of all the ropes to match the longest rope.
  All the turners need to make sure they are watching the feet of the jumpers.
- **Cue:** One, two, ready, in, one, two, ready, go, one, two, ready, in.

**Double Dutch skills**

**Double Dutch High Knee Jogging Step**

- **Skill prerequisite:** Double Dutch Jogging Step.
- **Explanation:**
  1. Jogging step with knees to waist height.
- **Tips:** Keep back straight.
  Turners turn slightly slower turns.
- **Cue:** Left, right, left, right.
Intermediate level

**Ball Passing**

**Skill prerequisites:** Ball handling skills and Basic Jump.

**Explanation:**
1. Pass a ball back and forth between jumpers in long rope.
2. Have one person jump in the long rope and another outside the rope with a ball and throw catch the ball.
3. Try to throw a bounce pass or even throw the ball backwards over your head.
4. Bounce the ball while skipping.

**Tips:** You need to be aware that your jumping may be at a different timing to your catching, so you will have to be able to catch and throw the ball either while on the ground or in mid jump.

**Try using a large ball.**

**Cue:** One, two, ready, throw.

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**Hula Hoop**

**Skill prerequisite:** Basic Jump.

**Explanation:**
1. Hold the top of the hoop with your knuckles facing upwards and rotate hands at the wrist to make hoop turn.
2. Swing the hoop back and forth under your feet, or make complete circles with the hoop to be used like a single ‘rope’.

**Tips:** The hoop will need to be able to spin inside your hands, so don’t grip too tightly.

Once you can skip on your own with the hula hoop, try skipping with the hula hoop while also jumping in a long rope or Double Dutch.

**Cue:** Swing, swing.

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**Advanced level**

**Jump Ball (Funhopper, LoLo Ball, Saturn Ball)**

**Skill prerequisite:** Basic Jump.

**Explanation:**
1. To start on the Jump Ball, rest it on an angle with one foot on either side of the ball, then apply pressure to the foot that is highest, until the ball is level and then squeeze the ball as tightly as possible with your feet, so that you can then lift the ball off the ground by jumping.
2. Working in pairs, take turns to help each other gain your balance on the Jump Ball.
3. Once you can jump independently on the Jump Ball, try jumping in a long rope or turning your own single rope while jumping on the Jump Ball.
4. Try to ‘dismount’ from the Jump Ball, by flicking the ball up into your hands using your feet to propel the ball.

**Tips:** When using a single rope, you will need to make it longer than normal to allow extra clearance of the Jump Ball.

**Try jumping on the Jump Ball in Double Dutch.**

**Cue:** Bounce, bounce, bounce, bounce.
Special needs

Two feet jump
Lay a rope across the floor in front of your students. Encourage them to jump forward across the rope. Once mastered, attempt to reverse the jump backwards over the rope. Alternatively, students can step over and back, while others can roll over and back. Students with a visual impairment can first feel the rope with their hands and feet.

Long rope skills
Place the long rope on the ground like a wiggly snake; get each student to jump or step over each bend in the stationary rope. Then move the rope like a wiggly snake and then encourage students to jump or step over the moving rope.

Other activities
Limbo – students can run and duck under or wheel and duck under a series of progressively lower ropes tied horizontally.
Target shooting – use ropes in a circle on a wall or on the ground as targets for jumping or target throwing activities.
1. Triceps & Shoulders
Hold the elbow of one arm with the hand of the other. Gently pull the elbow behind the head.

2. Hip & Groin
With the knee over the front foot, gently push hips down.

3. Calves
Stand with one foot in front of the other. Keep the back heel on the ground. Move hips forward. Repeat with the back leg bent with heel on the ground.

4. Quadriceps
Gently pull the heel towards the buttocks. Keep knees close together.

5. Arms & Shoulders
Palms facing upwards, push the arms slightly back and up.

6. Lower Back
Gently try to place the lower back and buttocks between the feet.

7. Hamstrings
Slowly bend forward from the hips towards the foot of the straight leg. Keep head up and toes of outstretched leg pointed up. Repeat on the other leg.

Tips
- Stretch slowly.
- Hold each stretch for 20-30 seconds.
- Never bounce.
- Always warm up and warm down.

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