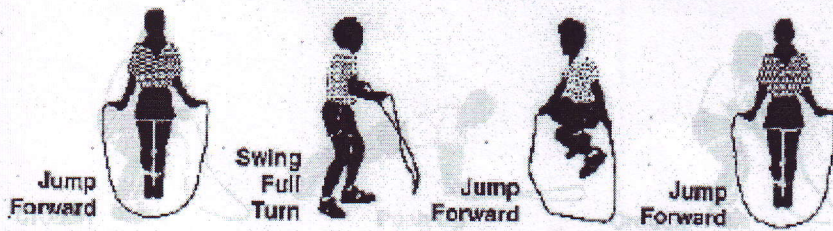


Full Turn

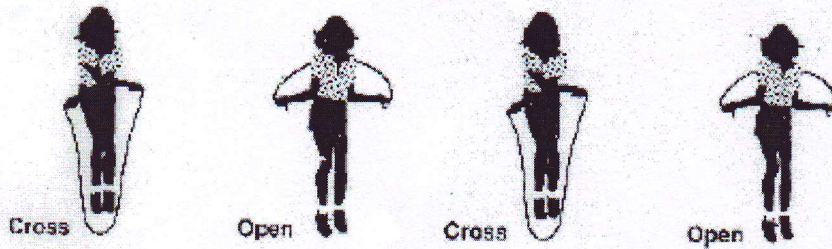


Teaching Tip: Jump forward, then turn left with a left side swing. Continue to turn your body left a full turn while lifting the rope up. Jump rope forward. You may also turn to your right.

☐ I can do it!

☐ I'm working on it!

Criss Cross



Teaching Tip: Cross your arms until your elbows touch and jump, then do a basic jump. Cross your arms the opposite way and repeat.

☐ I can do it!

☐ I'm working on it!