Skipping Record Sheet

**Step 1.** Count the number of jumps you can do in 30 seconds while your partner holds the stopwatch.

**Step 2.** Your partner will tell you to stop when the time is up.

**Step 3.** Record the number of jumps in the boxes below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Single jump |  |  |  |  |  |
| Double jump |  |  |  |  |  |
| Jog jump |  |  |  |  |  |
| One-legged jump |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Single jump |  |  |  |  |  |
| Double jump |  |  |  |  |  |
| Jog jump |  |  |  |  |  |
| One-legged jump |  |  |  |  |  |

**Step 4.** After each skipping session, colour in a column with the number of jumps you did that day. Each bar counts as one jump.



Style of jumping:

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| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |

