



The following Physical Education Activity is brought to you by the CATCH Texas Staff. Let us know what you think!

JUMP ROPE CHALLENGE CARD

STUDENT NAME:

TEACHER:



JUMP ROPE SKILL

	I'm TRYING to...	I'm Catching on...	Can DO!!!!	TA-DAH!!!
	I still need to practice. I have to concentrate pretty hard. I will learn how to do it! Perform?!?! No way!!!!	I need a bit more practice. I need to concentrate just a little. I almost have it. Perform?!?! Maybe later...	I've got it! I hardly have to think. I could teach others. Perform?!?! Bring it on!!!!	After you've done it 10 times in-a-row, perform for a friend. (Have your friend sign below after you have performed.)
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	
	2 3 4 times in-a-row	5 6 7 times in-a-row	8 9 10 times in-a-row	