**TASK PROGRESSION: ROPEJUMPING**

1. Long rope sequence
2. Clap even beat
3. Teach ‘jump-bounce’ or ‘double-bounce’
4. Twirl rope to beat or music; others clap beat or chant
5. Twirl rope to beat or music; others jump-bounce to tempo
6. Running through
	1. Circle around one twirler
	2. Straight through ‘front door’
	3. Figure eight
7. Jumping through
	1. Snake b. Rock the Cradle c. Through ‘back door’
8. Cradle to overhead twirl
9. Jump from stationary position in middle
10. Enter front door
11. Variety of tricks
	1. Turn around b. Touch ground c. hopping d. jump kicks
12. Arm motions f. pepper
13. Enter back door
14. Develop individual routine
15. Develop group routine
16. Multiple jumpers in middle (extra long rope)
17. Short rope sequence
18. Jump to tempo, adult turning rope over child
19. Jump to tempo, child turn rope at side
20. Twirl, stop rope, jump over
21. Single twirl and jump
22. Multiple jumps with double bounce
23. Multiple jumps with single bounce (pepper)
24. Variety of tricks
	1. Traveling b. hopping c. rockers d. jump kicks e. turn around
25. Multiple twirls g. criss-cross
26. Develop individual routine
27. Two rope sequence
28. Short rope inside long rope
29. Egg Beater (two long ropes perpendicular, twirled simultaneously)
30. Double Dutch (two long ropes parallel, twirled on opposite beats)
31. Overlap (two ropes overlapping, with the two outside twirlers jumping inside own rope)