**Assessment Type:** Psychomotor/Manipulatives  
**Grade Level:** Middle school  
**Skill or Concept:** Jump rope skills  
**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns

### Pre-test:

<table>
<thead>
<tr>
<th>Score</th>
<th>Continuous forward jumping</th>
<th>Continuous backward jumping</th>
<th>Continuous criss-cross jumping</th>
<th>Continuous ski jumping</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 5     | 200 times                   | 200 times                   | 100 times                     | 200 times              | 5 jump tricks, 3 different jump styles  
Combined/blended, continuous jumping  
Move through space, unique finish |
| 4     | 150 times                   | 150 times                   | 80 times                      | 150 times              | 4 jump tricks, 3 different jump styles  
Combined/blended, continuous jumping  
Move through space, unique finish |
| 3     | 100 times                   | 100 times                   | 60 times                      | 100 times              | 3 jump tricks, 2 different jump styles  
Combined/blended, continuous jumping  
Move through space |
| 2     | 75 times                    | 75 times                    | 40 times                      | 75 times               | 2 jump tricks, 2 different jump styles  
Combined/blended, continuous jumping  
(few pauses) Mainly stationary |
| 1     | 50 or less times            | 50 or less times            | 25 or less times              | 50 or less times       | 1 jump tricks, 1 different jump styles  
Combined/blended, continuous jumping  
(many pauses) Stationary |

### Post-test:

<table>
<thead>
<tr>
<th>Score</th>
<th>Continuous forward jumping</th>
<th>Continuous backward jumping</th>
<th>Continuous criss-cross jumping</th>
<th>Continuous ski jumping</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 5     | 200 times                   | 200 times                   | 100 times                     | 200 times              | 5 jump tricks, 3 different jump styles  
Combined/blended, continuous jumping  
Move through space, unique finish |
| 4     | 150 times                   | 150 times                   | 80 times                      | 150 times              | 4 jump tricks, 3 different jump styles  
Combined/blended, continuous jumping  
Move through space, unique finish |
| 3     | 100 times                   | 100 times                   | 60 times                      | 100 times              | 3 jump tricks, 2 different jump styles  
Combined/blended, continuous jumping  
Move through space |
| 2     | 75 times                    | 75 times                    | 40 times                      | 75 times               | 2 jump tricks, 2 different jump styles  
Combined/blended, continuous jumping  
(few pauses) Mainly stationary |
| 1     | 50 or less times            | 50 or less times            | 25 or less times              | 50 or less times       | 1 jump tricks, 1 different jump styles  
Combined/blended, continuous jumping  
(many pauses) Stationary |