

Assessment Rubric **Long Rope Routine**

Group Member Names: _____

Required Jump Rope Elements

Turner Involvement _____
 Inversion/Displacement _____
 Turner Jumper Exchange _____
 Footwork _____
 Change of Speed _____

Scoring Rubric

Score	Description
4	Includes all required elements from each group member; shows creativity in skill or composition; skills flow from one to the next; turners make adjustments to minimize errors; errors do not distract from the flow of the routine
3	All required elements are present; group works as a team to ensure successful execution; skills show some creativity; evidence of planning and practice
2	All required elements are present; shows evidence of planning and practice
1	Missing one or more of the required elements; little or no evidence of planning and practice

- **Turner Involvement** – the turners demonstrate footwork or dynamic interaction with the rope
- **Inversion/Displacement** – the jumpers and or turners change levels or demonstrate some type of inversion such as frog kicks, push-ups etc.
- **Turner Jumper Exchange** – the turners and the jumpers change places
- **Footwork** – the jumpers and/or turners use some type of variation of step during the routine
- **Change of speed** – the speed with which the rope(s) is turned and the speed of the jump is varied