

# JUMP IN!

CORBIN BLEU

KEKE PALMER

## TASK CARD B

### JUMP IN!



In pairs carry out these tasks. While one of you carries them out the other one is to coach and then switch over. When you're partner is turning, watch them and make sure they are using the correct technique from the last lesson.

#### Part 1 of Lesson: Jumping using one rope

Before you're able to jump in it is best to practice your jumping!

- Start standing in instead of jumping in, just to practice the jumping
- Next try to jump in and out using the following coaching tips

#### Jumping in:

- Stand next to one of the turners
- Wait for the rope to touch the floor before entering
- Make sure you run into the middle of the ropes
- Keep the same rhythm

Make sure everybody gets a go then make sure you go and fill in the Jump In observation sheet.

#### Part 2 of Lesson: Jumping using 2 ropes

- Start in the middle, jumping on your own (1-2-1-2-1-2, regular rhythm)
- Then the turners start turning
- Keep to the same rhythm that you started before the ropes started turning

#### Jumping in

- Again start from beside a turner
- Wait for the rope closest to you to touch the floor before entering
- Call READY-SET-GO as the ropes hit the ground, then jump into the middle

