



JUMP ROPE NINJAS

GRADE 4



CONSECUTIVE JUMPS

JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

10 JUMPS

20 JUMPS

30 JUMPS

45 JUMPS

60 JUMPS

75 JUMPS

100 JUMPS

125 JUMPS

175 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.