



PODAR ENRICHMENT ACADEMY

Learning for Life

→ **JUMP ROPE**

→ **ALL JUMPER EXERCISE**

Event	Achievement
• Single under Jumps without Rope	20 Times
• Double Under Jumps without Rope	20 Times
• Neck exercise	10 Times
• Side Stretch	10 Times
• Shin & Hamstring	20 Times each
• Squat	30 Seconds
• Push-ups	40 Seconds
• Gymnastic Drill	
• Cart wheel Simple	
• One handed Cartwheel	
• Slow Cartwheel	
• Short Cartwheel	
• Dive Cartwheel	

→ **CLASS I & II**

- Slow Jumping.
- Slow Front jump, back jump & round jump.
- Side Jump & all types High Jump.
- Single Rope Single Bounce.
- Alternate feet to jump on the ground.
- Single rope back bounce.
- Fun jumping.
- Draw a Start Line and Parallel end line at a distance of 10 to 14 Metres.
- Single Rope Back Side Bounce.
- Fundamental skills of jump rope.
- Relaxation exercise.



PODAR ENRICHMENT ACADEMY

Learning for Life

└ CLASS III – V

- Slow jumping all types in toes without skip.
- All High Jumps.
- Without skip practice.
- Single rope single Bounce.
- Jogging with skip.
- Back Jogging with skip.
- Back single Jump bounce.
- Scissors Types Skipping.
- Double Under.
- Langadi type jumping left leg & right leg.
- Frog jump with skip.

└ CLASS VI – VIII

- Single rope single bounce.
 - Back single jump bounce.
 - Jogging with skip.
 - Free style event (gymnastic drill).
 - Single jump endurance.
 - Scissor types skipping.
 - Double under.
 - Running with skipping.
 - Speed jogging 30 seconds.
 - Using variation skips.
 - Cool down exercise.
-