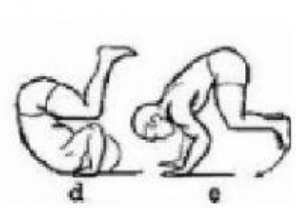
Colegio Cristo Crucificado – "Villa Pilar"
Alfonso XIII, 10 30.151 - Santo Ángel (Murcia)
968 846 680 - www.villapilar.es

We consolidate knowledge - JUMPS AND TURNS

1. Select the error, and write below why.

2. Select the error, and write below why.



3. Select the wrong sentences.

Jumping rope allows us to work on flexibility.	Try to move the wrist, with a brief accompaniment of the arm.
Jumping rope requires a good warm-up.	When jumping rope, the jump is done with the tip of the toes.
Jumping rope is very simple, without practising it is possible to advance levels of difficulty.	If we choose a very long rope, it will be easier to jump rope.