Colegio Cristo Crucificado – "Villa Pilar"
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JUMPING ROPE FIRST STEPS

According to the video. Select the right answer.

Step 1

☐ To take very large jumps on one foot. / Dar saltos a pata coja muy grandes.

☐ Small jumps with feet together. / Dar saltos pequeños con los pies juntos.

☐ Turn while jumping with feet together. / Girar mientras saltamos a pies juntos.

Step 2

☐ Turn the rope from the back to the front. / Girar la comba de atrás hacia delante.

☐ Turn the rope and jump. / Girar la comba y saltar.

☐ Turn the rope from the front to the back. / Girar la comba de delante hacia atrás.

Step 3

☐ Start jumping directly over the skipping rope. / Empezar a saltar directamente la comba.

☐ Turn the rope and trap it with your feet. / Girar la comba y atraparla con los pies levantados.

☐ Turn the rope from back to front and stop it with your hands. / Girar la comba de atrás hacia adelante y pararla con las manos.

Step 4

☐ Turn the rope over your body and start jumping until you are tired. / Gira la comba sobre tu cuerpo y empieza a saltar hasta que te canses.

☐ Turn the rope over your body and jump when it comes to your feet. / Gira la comba sobre tu cuerpo y salta cuando esta llegue a tus pies.

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☐ In this step, as you know, start jumping backwards. / En este paso, como ya sabes, empieza a saltar hacia atrás.

Step 5

☐ Start crossing the rope to move up a level. / Empieza a cruzar la comba para subir de nivel.

☐ Turn the rope and add three jumps before it turns completely. / Gira la comba y añade tres saltos antes que gire completamente.

☐ Turn the rope and add a jump you have to repeat. / Gira la comba y añade un salto que has de repetir.

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