



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.

Jumping rope requires a good warm-up.

Jumping rope is very simple, without practising it is possible to advance levels of difficulty.

Try to move the wrist, with a brief accompaniment of the arm.

When jumping rope, the jump is done with the tip of the toes.

If we choose a very long rope, it will be easier to jump rope.