



Name \_\_\_\_\_

### Jumping Rope Footwork Word Search

H Z N W X R X P U K C B J O Y  
 E O J U M P N B T H O F V N G  
 N N W L P O U X A D N S B I L  
 D O U S U I G S R L T W L S H  
 X V L P L E V J H P A I S F Z  
 G I D Q S T T O Y Z C N J H B  
 G J S Q E H J T T X T G C K J  
 J W G I P Y I X H B T R S E V  
 Y I M V V R D F M O A V A H N  
 V B S X K M X E T U P F B W G  
 Z F I I L A N D I N G T X T F  
 S B X A I A O L N C B N O S Q  
 X O I D F J X C A E S N U C B  
 M P N I T K X H C U T E S W V  
 A K D R N D Q C Q Z E J A Q E



Landing  
 Bounce  
 Lift  
 Rhythm  
 Pivot

Jump  
 Shift  
 Tap  
 Hop  
 Push

Contact  
 Swing  
 Balance  
 Arch  
 Pulse