

# TARHEEL TRIAD GIRL SCOUT COUNCIL, INC.

## DOUBLE DUTCH PATCH

**PURPOSE:** To introduce the sport of jump roping with emphases on teaching teamwork, healthy competition, physical fitness, and good sportsmanship. Information is available at the Council office.

**FOR:** Juniors, Cadettes, Seniors

### REQUIREMENTS:

1. Demonstrates how to:

Enter and exit the jump rope correctly.

Right turns: two full turn jumps to the right on the right foot.

Left turns: two full turn jumps to the left on the left foot.

Right over left: crossing the right foot over the left foot 2 times.

Left over right: crossing the left foot over the right foot 2 times.

High step:

The knee is lifted waist high with the thigh parallel to the floor, done 111 times, counting the left foot only of each complete jump.

Do a creative free style routine.

2. Share your skills with other girls.

