**縄跳びの達人**

**～スタンダード**編～

名前(　　　　　　　　　　　）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **前回しとび** | **後ろ回し跳び** | **前かけ足とび** | **前かた足とび** | **前あやとび** | **前こうさとび** | **前二重とび** |
| １級 | ２００ | ８０ | １００ | １００ | ３０ | ３０ | １０ |
| ２級 | １８０ | ６０ | ９０ | ８０ | ２０ | ２０ | ５ |
| ３級 | １５０ | ５０ | ８５ | ７０ | １５ | １０ | ３ |
| ４級 | １２０ | ４０ | ７５ | ６０ | １０ | ７ | １ |
| ５級 | １００ | ３５ | ６５ | ５０ | ７ | ５ |  |
| ６級 | ８０ | ３０ | ５５ | ４０ | ５ | ２ |  |
| ７級 | ６０ | ２５ | ４５ | ３０ | ３ |  |  |
| ８級 | ５０ | ２０ | ３０ | ２０ | １ |  |  |
| ９級 | ４０ | １５ | ２０ | １０ |  |  |  |
| １０級 | ２０ | １０ | １０ | ５ |  |  |  |

**イラスト**

にんていしょうをめざしてがんばってね。このカードはぜったいになくしちゃダメだよ。大切にしてね。

**～プロフェッショナル**編～

**縄跳びの達人**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **前回しとび** | **後ろ回しとび** | **前あやとび** | **後あやとび** | **前こうさとび** | **後こうさとび** | **前二重とび** | **後二重とび** | **前二重あや** | **後二重あや** | **前二重こうさ** | **後二重こうさ** |  |
| 名人 | ５００ | ４００ | １５０ | １００ | １５０ | １００ | １００ | ５０ | ５０ | ３０ | ５０ | ３０ |
| 10段 | ４７５ | ３５０ | １４０ | ９０ | １４０ | ９０ | ８０ | ４０ | ４０ | ２０ | ４０ | ２０ |
| ９段 | ４５０ | ３００ | １３０ | ８０ | １３０ | ８０ | ７０ | ３０ | ３０ | １０ | ３０ | １０ |
| ８段 | ４２５ | ２７５ | １２０ | ７０ | １２０ | ７０ | ６０ | ２０ | ２０ | ５ | ２０ | ５ |
| ７段 | ４００ | ２５０ | １１０ | ６０ | １１０ | ６０ | ５０ | １５ | １０ | １ | １０ | ２ |
| ６段 | ３７５ | ２２５ | １００ | ４０ | １００ | ４０ | ４０ | １０ | ５ |  | ５ |  |
| ５段 | ３５０ | ２００ | ９０ | ２０ | ９０ | ２０ | ３５ | ５ | ３ |  | ２ |  |
| ４段 | ３２５ | １７５ | ７５ | １０ | ７５ | １０ | ３０ | ３ | １ |  |  |  |
| ３段 | ３００ | １５０ | ６０ | ５ | ６０ | ５ | ２５ | １ |  |  |  |  |
| ２段 | ２７５ | １２５ | ５０ | １ | ５０ | １ | ２０ |  |  |  |  |  |
| 初段 | ２５０ | １００ | ４０ |  | ４０ |  | １５ |  |  |  |  |  |

**名人目指して，頑張ろう！！！**