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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 44102-2024

**Evaluation specification for student's athletic ability of rope
skipping course**

跳绳课程学生运动能力测评规范

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Table of Contents

1 Scope	1
2 Normative references	1
3 Terms and Definitions	1
4. Classification and compliance requirements	2
4.1 Classification	2
4.2 Level Achievement Requirements	2
5 Sports ability assessment	5
1 Assessment	5
5.2 Secondary Assessment	8
3 Assessment	10
4 Assessment	13
5 Assessment	16
18 Reference	22

Foreword

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1 Scope

GB/T 44102-2024 is the Chinese national standard for evaluating a student's athletic ability in a rope skipping course, part of the family of school sport assessment standards issued by the Ministry of Education. Rope skipping is taught in Chinese schools at every level and is unusually well suited to a graded scale, since the skills form a clear progression from the basic single bounce through the crossing, double under and freestyle elements to the speed and endurance events, and the results are countable rather than judged. The standard sets a six-grade classification with the attainment requirements for each level, and then the assessment for each grade in turn, giving the test items, the procedure, the timing and counting rules and the scoring. Because both the items and the criteria are national, a grade earned in one school means the same as the same grade earned anywhere else in the country. It applies to the evaluation of rope skipping ability of students at primary, junior secondary, senior secondary and university level. It took effect on 28 May 2024.

This document stipulates the classification and achievement requirements of students' athletic ability in rope skipping courses, and describes the evaluation methods for each level. This document is applicable to the assessment of rope skipping ability of students in primary school, junior high school, high school and university.

2 Normative references

This document has no normative references.

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 The comprehensive performance of students in the rope skipping course learning, practice and competition activities, using rope skipping knowledge and skills to complete a variety of swing and jump coordination.

3.2 Sideswing The rope-shaking technique involves holding the rope with both hands at one side of the body and swinging the rope around for a circle.

3.3 Jump The rope is held in both hands and shaken forward, with both feet together and jumping at the same time. Each time you jump, the rope passes over your head, under your feet and around your body. action.

3.4 Alternatefoot Holding the rope with both hands, swinging it forward, lifting both legs forward and jumping over the rope, alternating between left and right feet, swinging and jumping over the rope action.

3.5 Jumping jack Hold the rope with both hands and swing it forward, jump over the rope with both feet in an open position, bend your knees slightly, and when the rope swings to your feet again, jump over the rope with both feet in a parallel position. A technical move of jumping and opening and closing the rope alternately.

3.6 Lunges and scissors Hold the rope with both hands and swing it forward, jump over the rope with both feet to form a left (right) lunge. When the rope swings in front of your feet for the second time, jump over the rope with both feet in parallel. When the rope swings to the front of your feet again, jump up with both feet over the rope to form a right (left) lunge, alternating between shaking and jumping to perform the rope crossing technique.

3.7 cross jump A rope skipping technique in which the arms or arms and other parts of the body cross and shake each other.