Bunny Hops
Hop over the rope on one foot

Flashback
Swing the rope in the other direction, jumping backward

Run It
Run or jog forward over the rope

Firecrackers
Jump as fast as you can

Jump Rope Jacks
Jump with feet together then feet apart

Twister
Twist body to one side and then the other when jumping

Ski Jumper
Spread the rope on the floor and jump side to side over it

Crisscross
Criss cross legs on every other jump

Donut Jumps
Make the rope into a circle on the ground, jump into the circle then out

Crossovers
Cross arms on every other jump
Up and Back

Spread the rope on the floor and jump forward and backward over it