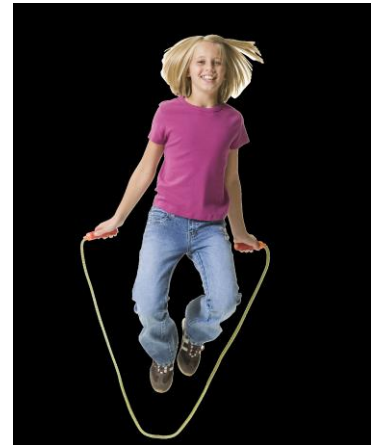


Week of May 11th – 15th – “Jumping”

This week theme is "Jumping" - for 20-30 minutes each day get a jump rope and jump! This could be any style of rope.

- Single rope by yourself
- Long rope with (2 turners could be friends or family members)
- Chinese jump rope (3 or more)
- Skip Its (single person)
- Any rope for “Helicopter” (turner in the middle)
- Hula hoops (single person)



Most of these skip or jumping items can be purchased at the dollar store.

Please check out You Tube video called:

“Learn Punk Rope's 4-Step Jump Rope Method” – These steps can be used for students having difficulty learning how to hold, turn, and get the timing to each jump.

For students who excel or want to keep challenging themselves with new tricks check out You Tube video called: **“Jump Rope Basic Tricks”** by Jumping Jordyn