



Jumping rope is a great way for kids to get the recommended 60 minutes of physical activity per day. It not only gets their hearts pumping, but it also strengthens their bones – something kids should do at least three days per week.

### **SNAKE IN THE GRASS**

This game is perfect for beginners. Two people hold the ends of the rope, making sure it's flat on the ground. Shake the rope from side to side so it looks like a snake, while the kids jump over it. If your foot touches the rope, it's your turn to shake it!

### **PRACTICE JUMPING**

- How long can you jump? Keep track of how many minutes you jump each week and see if you can increase your time each day!
- Have a jump rope contest with your friends! Who can jump rope for the longest time without stopping?
- Play your favorite song and see if you and your friends can jump the entire time.

### **TRY THESE FANCY JUMP ROPE MOVES**

- Skier: While jumping rope, alternate between jumping on the left side to jumping on the right, like a downhill skier.
- Bell: This is like the skier, but instead of jumping side to side, you're jumping front to back, like a bell ringing.
- Double Under: Can you speed it up? Twirl the rope faster than you normally would to see if you can make the rope pass under you twice during a jump.
- Scissor jumps: land with one foot forward, then on the next jump switch feet
- Cross jumps: land with feet crossed like an X, then apart, then crossed again
- Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out
- Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump

### **JUMP ROPE MATH**

Give a math equation to solve, like  $2 + 5$ . The jumper repeats the problem and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills.

### **JUMP ROPE SPELLING BEE**

Just like jump rope math, give the jumper some words to spell. The jumper repeats the word, spells it and puts it in a sentence while jumping. Great balance for working both sides of their brain at once.

**For questions or more information, call (574) 364-2496 or email [CommunityEngagement@goshenhealth.com](mailto:CommunityEngagement@goshenhealth.com).**



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