



**NED**<sup>®</sup>

# JUMP ROPE FUN



**Jumpin' Jiminy**  
A Champion is in (uh) me  
NED came and told me  
How I can N. E. D.

Jump roping is  
**inexpensive**  
as it only requires a jump  
rope and some space.

Dutch settlers brought the  
game of jump rope to America  
when they arrived in the  
**17th century.**  
Now jump rope is a competitive  
sport around the world.

**Never Give Up**  
I'm gonna get it **done**  
Encouraging Others  
Is **tons** of fun!

"I bring a jump rope.  
I can usually do some jump roping  
in the hotel room."

**First Lady Michelle Obama**  
(speaking on exercise while she travels)

**Doing my Best**  
At everything I do  
I'm gonna be a **Champ**  
And you can too!

Jump rope is a **FUN** activity that  
grows with your coordination and  
imagination. Once you've mastered the  
basics, try some advanced tricks or create  
your own rhymes and songs.

**Jumpin' Juni-ped**  
Now it's all in my head  
How many people  
Am I gonna tell **about NED?**

1-2-3-4-5-6-7...

On average jumping  
rope burns about  
**11 calories**  
per minute!

For other jump rope rhymes visit [www.gameskidsplay.net/jump-rope-rhymes](http://www.gameskidsplay.net/jump-rope-rhymes)

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NED Jump Rope Fun

[www.theNEDshow.com](http://www.theNEDshow.com)

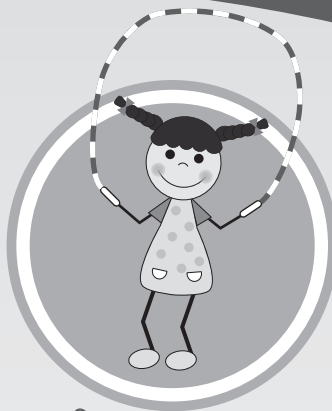
# BASIC TRICKS

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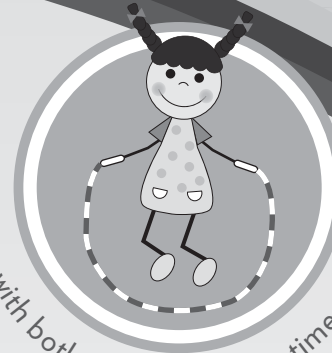
B  
A  
S  
I  
C  
J  
U  
M  
P



Place feet slightly apart

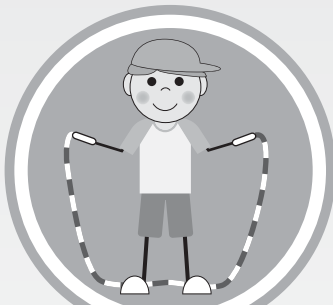


Swing jump rope

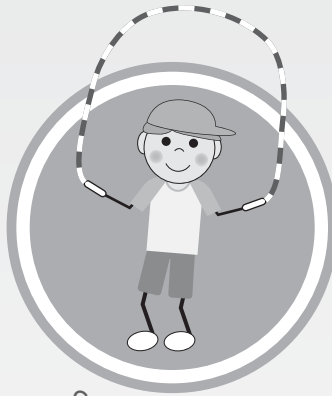


Jump with both feet at the same time over rope

C  
R  
I  
S  
S  
C  
R  
O  
S  
S



Place feet slightly apart



Swing jump rope



Cross arms downwards and jump over rope

D  
O  
U  
B  
L  
E  
U  
N  
D  
E  
R



Jump higher than usual & quickly swing rope under



Swing rope around one more time



Continue to swing rope under a second time

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Once you've mastered these skills, learn other tricks at [www.aahperd.org/jump/aboutjump/skills/](http://www.aahperd.org/jump/aboutjump/skills/)

