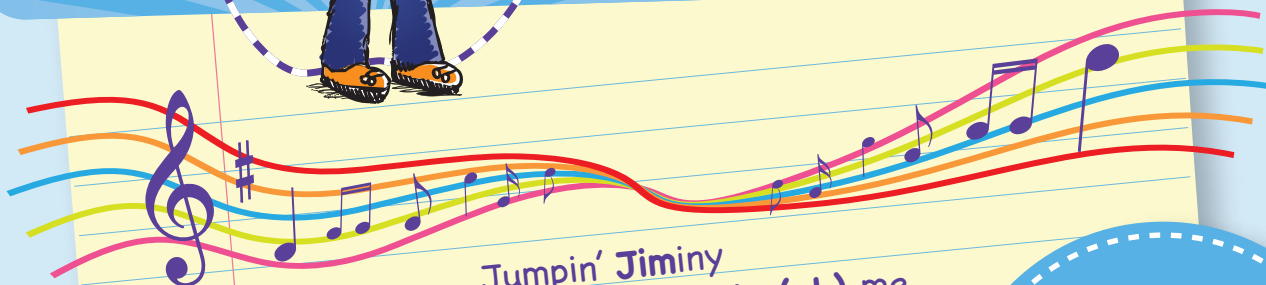




NED

JUMP ROPE FUN



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.

"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)

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

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

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

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!

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.

For other jump rope rhymes visit www.gameskidsplay.net/jump-rope-rhymes



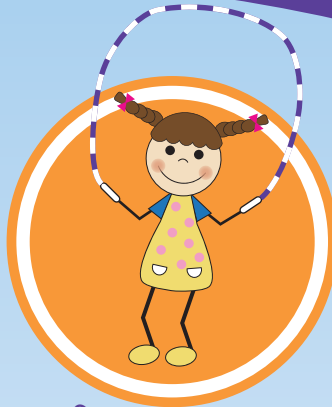
BASIC TRICKS

NED

B
A
S
I
C
J
U
M
P



Place feet slightly apart



Swing jump rope

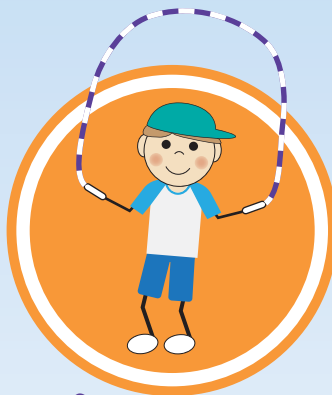


Jump with both feet at the same time over rope

C
R
I
S
S
C
R
O
S
S



Place feet slightly apart



Swing jump rope

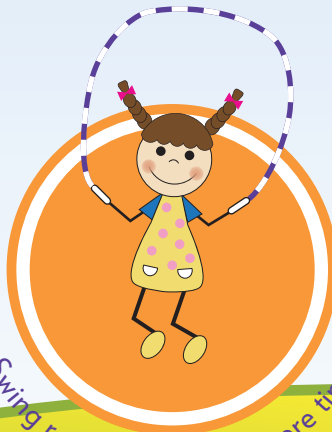


Cross arms downwards and jump over rope

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

NED

Once you've mastered these skills, learn other tricks at www.aahperd.org/jump/aboutjump/skills/

