

Jump Rope Fun!

Jump rope is a fun activity that is played by children and adults! There's not a lot of equipment required. Comfortable shoes and a good rope. You can do it by yourself or with a group. When jumping with a group and a longer rope, one person holds the rope at each end, turning it, while one or more jumps. There are many variations of jumping rope, like using two ropes called Double Dutch, doing tricks and saying rhymes as you jump.

What many don't realize is, jumping rope is a great form of exercise! It strengthens your body and muscles. It also strengthens your heart so it can pump more blood per beat and doesn't have to work as hard. It helps with endurance, focus and patience. Jumping rope is a combination of aerobic workout and coordination building footwork. It has become a popular exercise for athletes especially among boxers and wrestlers.

Jump rope is practiced at a competitive level as a sport. Serious jump rope athletes train year round. Athletes compete in individual and team events. In the United States, the main jump rope organization is U.S.A. Jump Rope. It is composed of hundreds of jumpers from all over the country. The teams attend workshops, training camps, perform for the public and compete against each other.

Here's A Few Jump Rope Techniques!

- **Basic Jump** - This is when both feet are slightly apart and jump at the same time over the rope.
- **Alternate Foot Jump** - Using alternate feet to jump off the ground and it doubles the number of skips per minute.
- **Criss-Cross** - Similar to the basic jump but with a difference! The left hand rope goes to the right part of the body and the right hand rope to the left part.
- **Double Under** - You need to jump up higher than you normally do while passing the rope twice under your feet.

There are many more tricks you can learn like the Basic Double Bounce, Basic Single Bounce, Single Sideswing, Skier, Side Straddle, Front Straddle, Heel Exchange, Toe Exchange, Jogging Steps, Irish Fling, Front Cross, Wounded Duck, Front Kicks, Double Under, Leg-Over, Leg-Over Cross, Front Back Cross, Push-Ups - just to name a few!



Jump Rope Rhymes!

Teddy bear, Teddy bear,
touch the ground.
Teddy bear, Teddy bear,
turn around.
Teddy bear, Teddy bear,
show your shoes.
Teddy bear, Teddy bear,
that will do.
Teddy bear, Teddy bear,
run upstairs.
Teddy bear, Teddy bear,
say your prayers.
Teddy bear, Teddy bear,
blow out the light.
Teddy bear, Teddy bear,
say good night.

I had a little puppy
His name was Tiny Tim
I put him in the bathtub, to see if he
could swim
He drank all the water, he ate a bar of
soap
The next thing you know he had a
bubble in his throat.
In came the doctor, (person jumps in)
In came the nurse, (person jumps in)
In came the lady with the alligator
purse (person jumps in)
Out went the doctor (person jumps
out)
Out went the nurse (person jumps out)
Out went the lady with the alligator
purse (person jumps out)