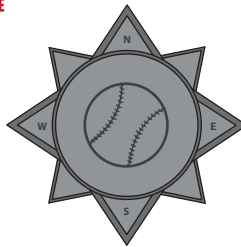


USE A JUMP ROPE

A jump rope can be a whole lot of fun, but it's also super useful for fitness. It also helps improve our coordination, because to successfully jump, a lot of things have to be just right.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Jump the rope thirty times without snagging on your feet. You Over Acheivers try doing thirty while hopping.

LEVEL C

PERIOD 6

TASK 1

1. First, choose a jump rope that is the right length for you. If you fold it in half then it should about reach your shoulders. If it's too long it will hit the ground and be hard to jump, too short and it will be really tough to jump.

2. Now, hold the rope handles out from your body and step over the rope so that it is behind you.

3. Next, swing the rope over your head. As it comes over towards your feet, jump.

4. Now, see how long you can keep that up before you snag it on your feet. I find I have to jump just as it is coming down past my tummy.

