

**HANDOUT:**

# Hop, Skip & Jump Your Way to Fitness

Aerobic activity is not only good for your heart and muscles, it's also good for your brain! Physical activity like jumping rope feeds your brain glucose and oxygen, which help you do your best learning. According to the American Heart Association, many studies have shown that kids who exercise regularly do better in school. Some jump rope activities you can do alone and with friends to help you exercise your body and your brain follow.

## Healthy Hopping

([www.urbanext.uluc.edu/hopping](http://www.urbanext.uluc.edu/hopping))

Visit the University of Illinois Extension "Healthy Hopping" web site where you can watch animated figures to learn how to do several kinds of single rope stunts (such as the Slalom, Twister, Jumping Jax and the Boxer). This site also includes several jump rope rhymes and games.

## Jump On In

Gather a group of friends and one long jump rope. Have two people be the jump rope turners and start with one person jumping. With each turn of the rope, add another jumper and keep adding jumpers until there is a miss. Start over and try to beat your previous total of jumpers.

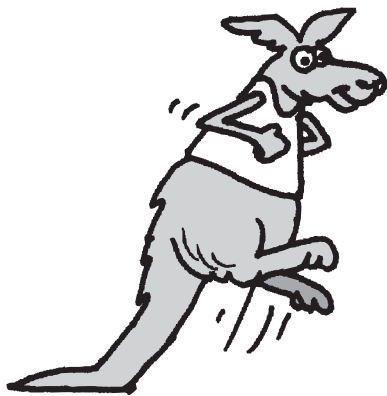


## Follow Me!

Gather two friends and one long jump rope. Have two people be the jump rope turners. The person jumping gets to challenge the rope turners by jumping anywhere he or she wants. The rope turners need to follow along with the jumper while making sure he or she stays inside the rope. Make sure each person has a chance to be the jumper.

## Zig-Zagging Along

Form two teams of four (or more) with a group of friends. Set up a starting line for the teams and set up four cones (or other visible items) an equal distance away from each team. Make sure the cones are spaced at least 3 or 4 feet apart. Give each team one jump rope. On the "go" signal, the first person on each team should jump rope down to the cones, jump rope while zig-zagging around the cones, and then jump rope back to the starting line. The game is over when all team members have completed the course.



## Doing the Jump Rope Wave

Form a large circle with a group of friends and stand far enough apart so that each person can jump rope without touching the people next to him or her. Work as a team to create a jump rope wave by having the first person do five continuous jumps of the rope. As soon as that person has finished, the person to the left should do five jumps, followed by the next person. Try to get around the circle three times. Change directions and do the jump rope wave around the circle to the right.