



## **Aerobic Jump Roping: Get Their Hearts Pumping!**

### **ACTIVITY**

#### **Jumping for Joy (and Aerobic Fitness)!**

Engage students in this heart-healthy activity throughout the month and see how kids' coordination, flexibility, and endurance improve with practice. Keep a supply of several jump ropes on hand. Make sure jump ropes are the right fit for each child (when standing with feet on center, the rope should reach the armpits), and then remind students to stand straight and jump low with soft steps. Challenge kids to jump for 1 minute straight, and then have them try it with a pedometer!

**Easy:** Have younger children start with double jumps rather than single jumps, as they're slower and easier. Encourage them to switch to single jumps before too long.

### **EXTENSIONS**

#### **"Criss-Cross"**

On first jump, have students land with crossed legs; on second jump, have them land with uncrossed legs. Have them repeat this pattern over and over.

#### **"Rope Cross"**

With arms in front of them, have students make the letter "X" and see if they can jump through.

#### **"Scissor Jumps"**

Have students land with one foot in front of the other and then alternate in a pattern.

#### **"Jump Hooping"**

Have students try jumping a hula hoop rather than a rope. Holding the hoop at the front, have them swing it down under their feet and up over their back, over and over.

### **SKILLS**

Physical coordination, balance, flexibility, and endurance are all improved through jump roping.



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