



NED[®]

JUMP ROPE FUN

Jump roping is **inexpensive** as it only requires a jump rope and some space.

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

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.

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

"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)

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

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.

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!

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

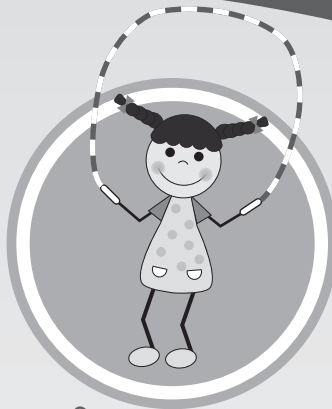
BASIC TRICKS

NED

B
A
S
I
C
J
U
M
P



Place feet slightly apart

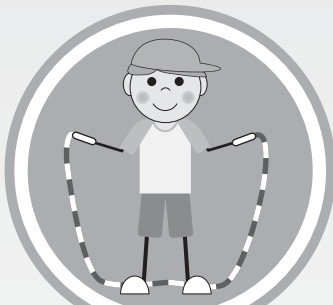


Swing jump rope

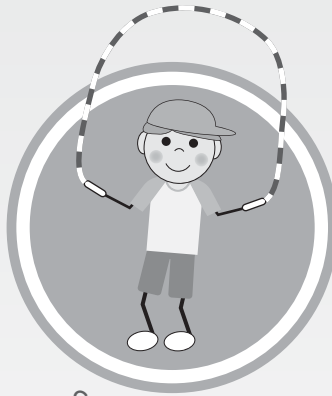


Jump with both feet at the same time over rope

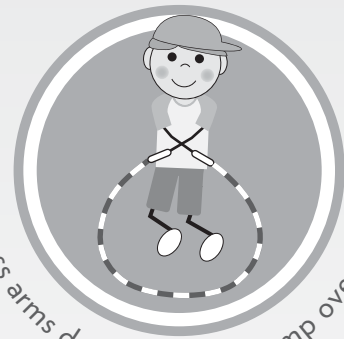
C
R
I
S
S
C
R
O
S
S



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/

