

GOPHER Active@Home™

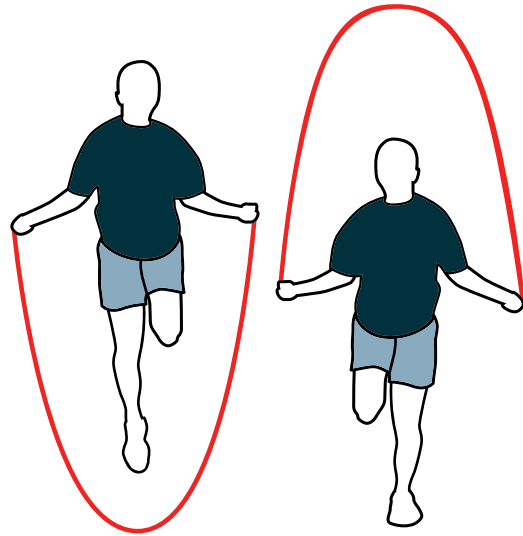
JUMP ROPE CHALLENGE 1

NOTE: In order to complete a level, students should complete the skill at least 5 times.

Complete the jump rope challenge by mastering the 9 Jump rope skills, ranging from basic to advanced.

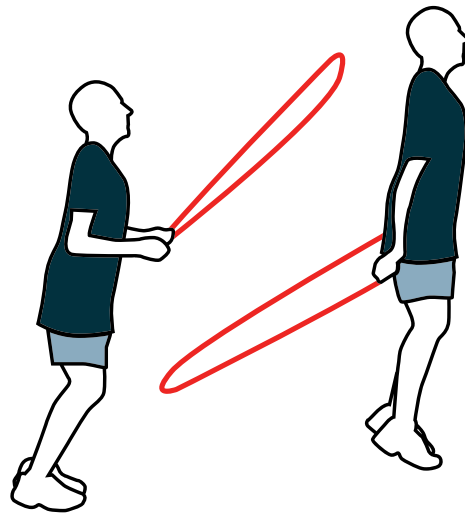
1: HOP JUMP

- 1 Jump off ground on one foot once for each single turn of rope.
- 2 Switch feet every 2-3 hops.



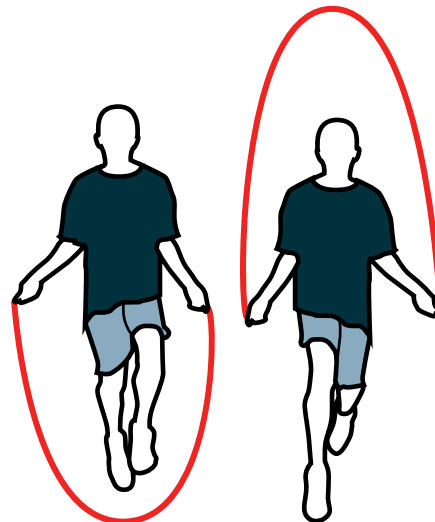
2: BACKWARD JUMP

- 1 Start with rope in front of body.
- 2 Swing rope up and behind head, keeping elbows close to sides.



3: JOG IN PLACE

- 1 Jog in place, bringing feet off ground while swinging rope.
- 2 Step over rope as it passes under feet.

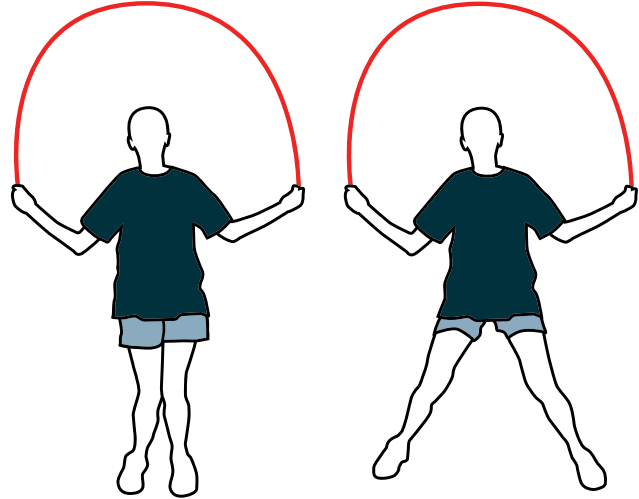


NOTE: In order to complete a level, students should complete the skill at least 5 times.

Complete the jump rope challenge by mastering the 9 Jump rope skills, ranging from basic to advanced.

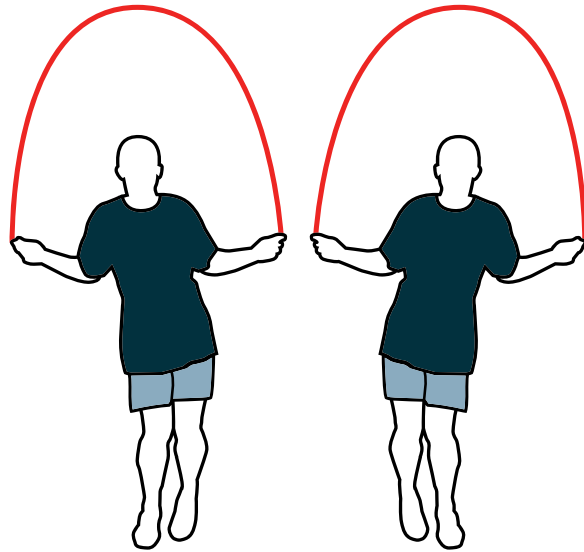
4: STRADDLE JUMP

- 1 Jump off ground once for each single turn of rope.
- 2 Alternate jumping with feet together and shoulder-width apart.



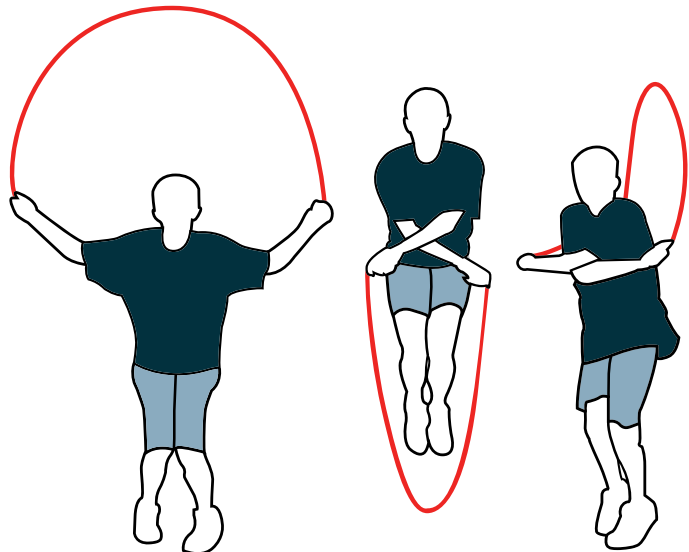
5: SKIER JUMP

- 1 Jump off ground once for each single turn of rope.
- 2 Alternate jumping to right and left side, as though skiing.



6: CROSS OVER

- 1 Jump off ground once for each single turn of rope.
- 2 Cross arms in front of body at elbows so left is on right side and right is on left side.



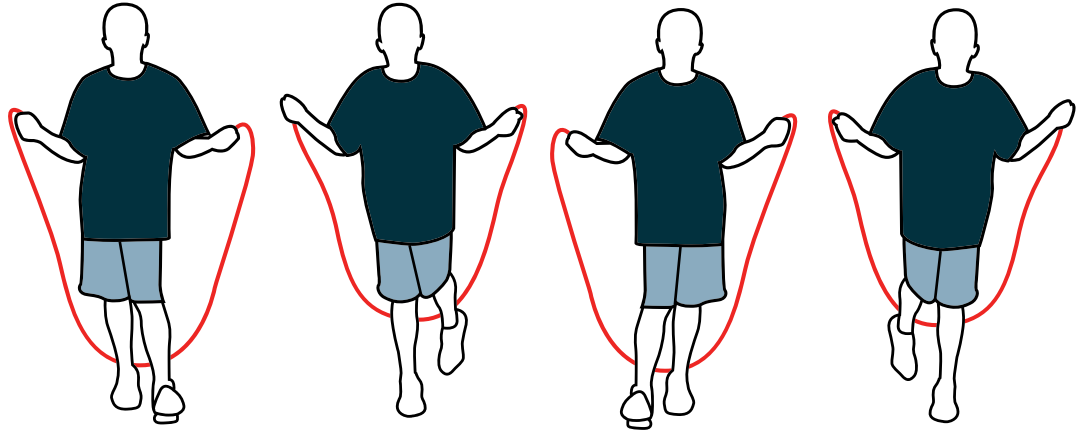
JUMP ROPE CHALLENGE 3

NOTE: In order to complete a level, students should complete the skill at least 5 times.

Complete the jump rope challenge by mastering the 9 Jump rope skills, ranging from basic to advanced.

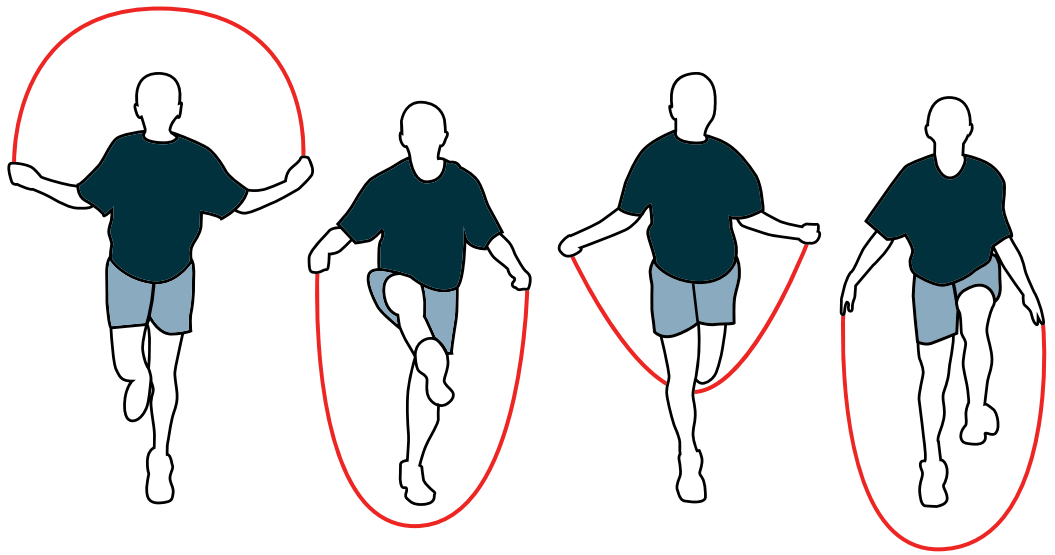
7: ALTERNATE TAPS

- 1 Jump off ground once for each single turn of rope.
- 2 Alternate tapping right heel in front, right toes in back, then left heel in front, left toes in back.



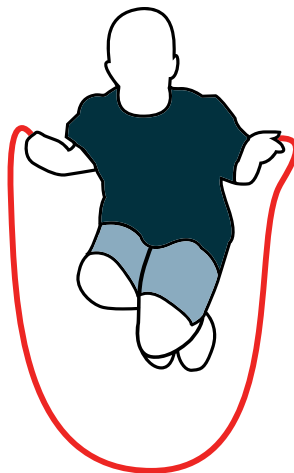
8: SWING KICK

- 1 Jump off ground once for each single turn of rope.
- 2 Bring right heel up to touch back of right thigh, then kick right foot forward.
- 3 Alternate feet and repeat 4 times.



9: DOUBLE JUMPS

- 1 Jump off ground once for every two turns of rope.
- 2 Rope should rotate quickly and jump should be very high.



2x!