



Longfellow Elementary Week # 5 Fitness Challenge Let's Jump Rope!

This week we are going to get in a great workout by jump roping! If you want a great exercise that is easy to do, one you can do pretty much anywhere, helps improve coordination, heart health, mental sharpness, and coordination this

is it! If you don't have a jump rope no worries, you can still do this workout by pretending you have a rope in hand and swinging it around! Let's get to work!

Monday: Today we are just going to get used to jumping. Make sure you are light on your bounces and try to stay on your toes. Your goal is to jump as long as you can before taking a break. When your arms or legs get tired take a break and then see how long you can jump again before needing another break.

Tuesday: Today we are going to add a couple of new moves. We are still trying to jump as long as we can but today we are adding a single leg hop and a skier. Single leg hops are done by only hopping on one leg. Try hopping 10 times on one leg and then switching to the opposite leg. Skiers are done by having both feet close together and jumping side to side. Try doing each of these until you get tired and you need a break.

Wednesday: Today we are adding the bell jump and a high knee. Bells are done by having both feet close together and jumping forward and back. High knees are done one at a time by bringing one knee up towards your

chest and then the next time switching to the opposite knee. Try doing each of these until you get tired and need a break. You can also add back skiers and hops from the day before.

Thursday: Today we are adding in and outs. This is done by having your feet close together on one bounce and the next bounce spreading them out similar to when you do a jumping jack on the next jump. Stay up on your toes and see how long you can go before needing a break. We will also add a little speed work today. See how fast you can jump on two legs for two minutes and then try alternating every other leg for 2 minutes.

Friday: Today we are going to try a combination of your favorite moves. You can even try playing some fast paced music and jumping for an entire song! When the song is over take a short break and then start another song to get you moving again. Try all the different jumps you learned through the week and jump for as long as you can. Good luck and have fun!

