



1

Side Straddle

The first jump is the Side Straddle. While jumping, you open and close your legs.



2

X-Jump

The next jump is the X-Jump. As the name says, you jump with your legs crossed in an X formation.



3

High Step

Now it's time for the High Step. As you jump, take turns raising each knee towards your chest.



4

Side Step

The next jump is the Side Step. Alternate extending each leg, with your heels resting on the ground and toes pointed up.



5

Twister

Let's twist again! To do the Twister jump, you press your knees together and move them from left to right or the other way around.

Hop to Health

The Jump Rope Challenge

Can you complete all 5 jumps in a row?

Did you know that regular exercise can boost and balance your immune system and help to fight off infections? Regularly skipping rope (or jump roping) is an especially good way to strengthen it. Skipping rope is also the perfect way to condition muscles to increase balance and endurance – plus it's fun!

So why not try the Jump Rope Challenge and challenge your parents and friends? Let's give our immune system superhero team some extra power!

Tip: First learn each skill individually. If you can master each one, try to jump them one after the other. Soon you will be able to perform the Jump Rope Challenge from start to finish!

