

**JUMP ROPE RHYME CARD**

**Endurance Rhymes**

<p><b>I</b> can Jump. I can Hop. How many Jumps before I stop? 1, 2, 3, 4...</p> <p><b>P</b>ick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...</p>	<p><b>U</b>p, and Up. Down, and Down. Jump and make the world go 'round! 1, 2, 3, 4...</p> <p><b>A</b>, B, C's and vegetable goop. What letters land in the vegetable soup? A, B, C, D...</p>
---	---

**Pick a Trick Rhymes**

<p><b>I</b> love carrots. I love Peas. Grab your rope and follow me. Side turns, 2, 3, 4 Bell Jump, 2, 3, 4 Heels, 2, 3, 4 Toes, 2, 3, 4 <i>Add more tricks...</i></p>	<p><b>O</b>ne for the show, two to be funny, Three for the wish, we jumped for money! Kick Bounce, 2, 3, 4 Ski Jumps, 2, 3, 4 Straddle, 2, 3, 4 Double Under, 2, 3, 4 <i>Add more tricks...</i></p>
--	---

**Long Rope Enter/Exit Rhymes**

<p><b>J</b>ump in start. Bounce begin. I jump out and you jump in.</p>	<p><b>W</b>ork all day, sleep all night. I jump out and you jump right.</p>
--	---

**Create Your Own Rhyme** Write Your Name Here: \_\_\_\_\_

Write your rhyme on the lines below.

---

---

---

---

---

Circle the type of rhyme you wrote.

**Endurance**

**Pick a Trick**

**Enter/Exit**