**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |  |
| --- | --- |
|  | 1. Basic Jump (4 Jumps) 2. Side Turns (4 Jumps) 3. Side Turn, Side Turn, Jump, Jump (4 Jumps) 4. Basic Jump (4 Jumps) |



**Nutrition Challenge**

Q: Which is a better snack to eat BEFORE jumping rope: an apple or a candy bar?

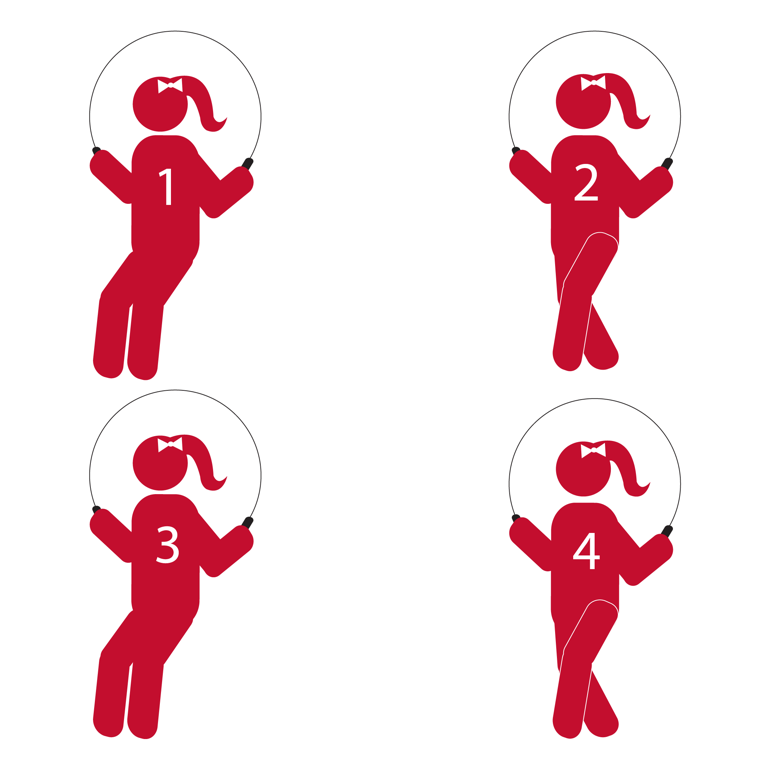
*A: An apple of course!*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**



|  |  |
| --- | --- |
|  | 1. Bell Jump (4 Jumps) 2. Forward Straddle (4 Jumps) 3. Bell Jump (4 Jumps) 4. Forward Straddle (4 Jumps) |



**Nutrition Challenge**

Q: Why are fruits and veggies good snacks to eat before and after exercise?

*A: Because they give you quick energy, are easy to digest, and are juicy (which helps hydrate you).*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |  |
| --- | --- |
|  | 1. Heel to Heel (4 Jumps) 2. Toe to Toe (4 Jumps) 3. Heel, Toe, Bounce, Bounce (4 Jumps) 4. Heel, Toe, Bounce, Bounce (4 Jumps) |



**Nutrition Challenge**

Q: What is the best drink for hydrating the body during exercise?

*A: Water.*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |  |  |  |
| --- | --- | --- | --- |
|  | |  |  | | --- | --- | |  |  |  1. Long Rope Jumping while reciting 1 jump rope rhyme (of your choice) |



**Nutrition Challenge**

**e**Q: More hydration is needed when it is…? (choose all the correct answers)  
A) Hot Outside; B) Cold Outside; C) Just Right; D) You Sweat a Lot

*A: A & D – Hot Outside and You Sweat a Lot*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |
| --- |
|  |

1. Each member of your group complete 5 Long Rope Jumps. It’s okay to jump 2 people at a time.



**Nutrition Challenge**

Q: Name 3 different fruits.



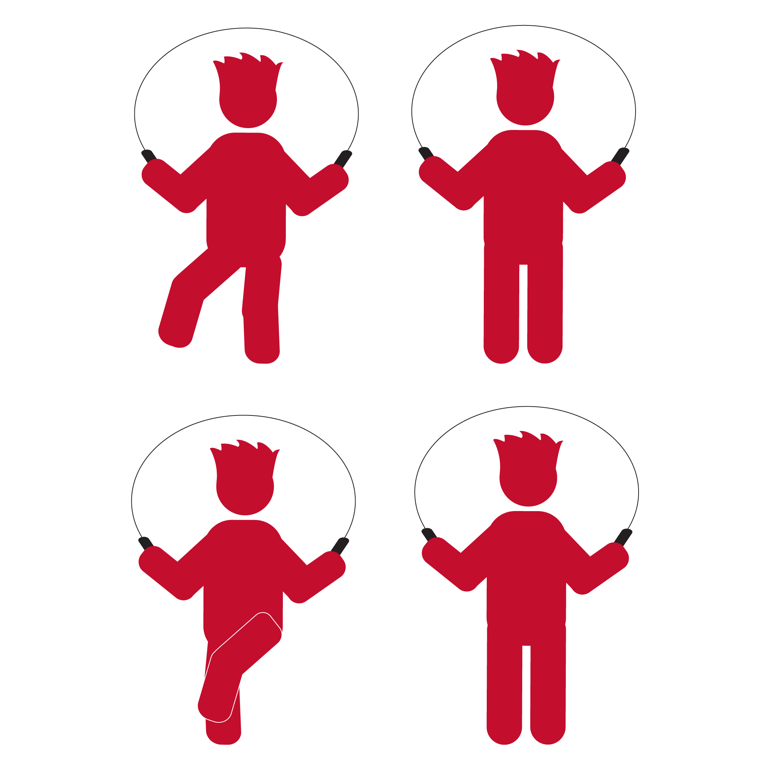
*A: Apple, Pear, Grapes, Orange, and many, many more!*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**



|  |  |  |
| --- | --- | --- |
|  |  |  |

1. Kick Bounce for 16 Jumps



**Nutrition Challenge**

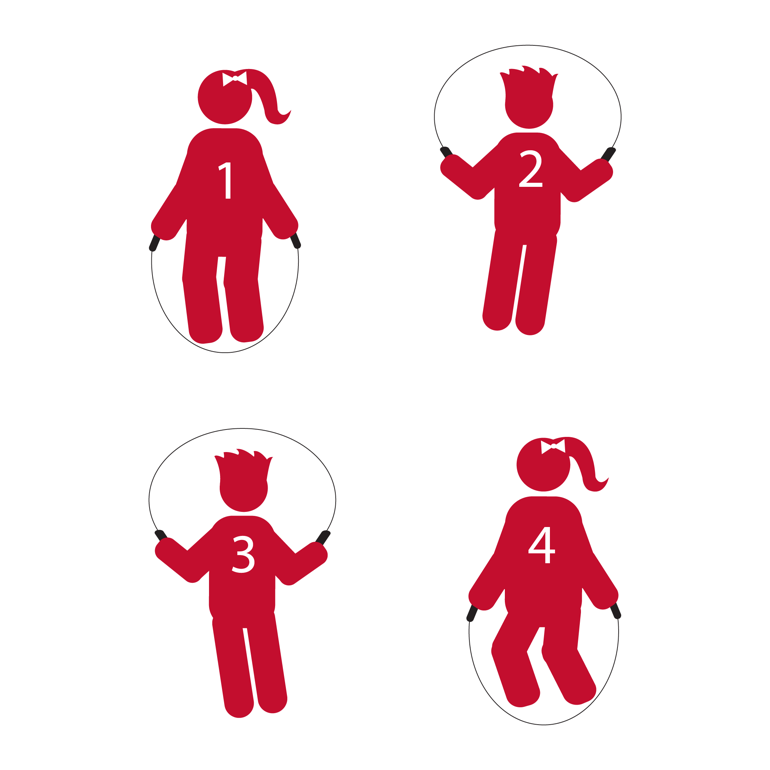
Q: Name 3 different vegetables.

*A: Carrots, Lettuce, Peas, Broccoli, and many, many more!*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**



**Skill Challenge**



|  |  |
| --- | --- |
|  | 1. Basic Jump (4 Jumps) 2. Ski Jumps (4 Jumps) 3. Ski Jumps (4 Jumps) 4. Double Under (4 Jumps) |



**Nutrition Challenge**

Q: Name 3 protein foods.

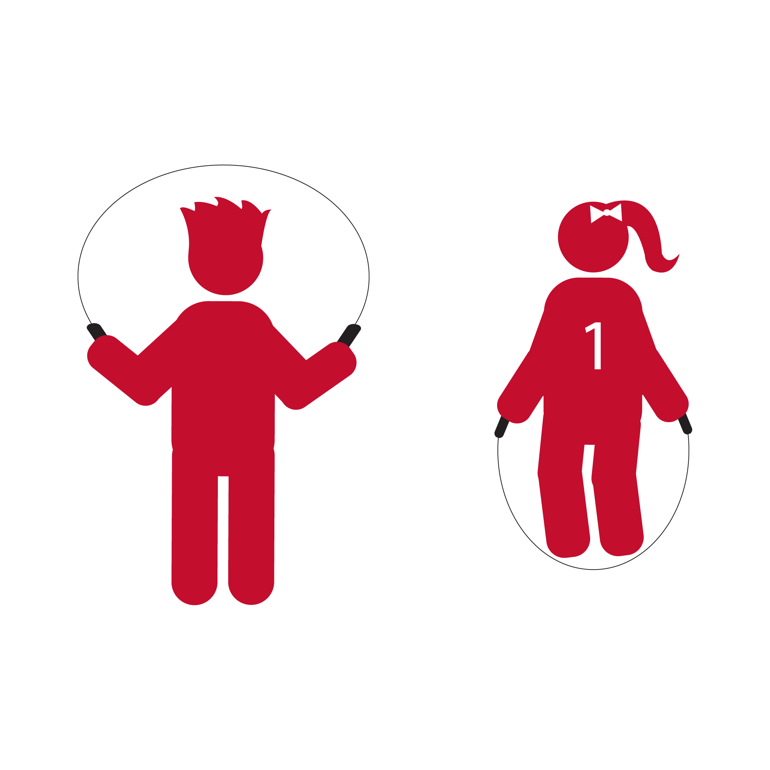
*A: Beans, Soy/Tofu, Grilled Chicken, Fish, and many, many more!*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**



|  |  |
| --- | --- |
|  |  |

1. Create a new Endurance Rhyme that includes a fruit or vegetable.
2. Then perform the rhyme while jumping a short rope.



**Nutrition Challenge**

Q: Foods of different color provide important micronutrients that help your body work the right way.

Name 3 foods that are each a different color.

*A: Carrot (orange), Grape (blue or green), Corn (yellow)*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |  |
| --- | --- |
|  |  |

**Recite:**

I love carrots. I love Peas.

Grab your rope and follow me.

1. Side turns, 2, 3, 4
2. Bell Jump, 2, 3, 4
3. Ski Jumps, 2, 3, 4
4. Straddle, 2, 3, 4



**Nutrition Challenge**

Q: Why is it important to choose healthy foods and correct portion sizes?

*A: To maintain a healthy weight, to grow strong and lean, to have enough energy to be active, and to fight off disease.*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**



1. Create a mini jump rope routine and perform it in unison as a group. The routine must have 2 tricks and 8 jumps.

|  |  |
| --- | --- |
|  |  |



**Nutrition Challenge**

Q: Name the 5 food groups.

*A: Fruits, Vegetables, Protein, Grain, Calcium/Dairy*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**



**Skill Challenge**

|  |
| --- |
|  |

**N**

1. Side Turn Jump (16 Jumps)

**Nutrition Challenge**

Q: What foods provide calcium?

*A: Cheese, Yogurt, Milk, Spinach, Enriched Orange Juice, and more!*

**Complete this challenge with your group and answer the nutrition challenge question before moving to the next station.**





**Skill Challenge**

|  |
| --- |
|  |

1. Speed Jump using a Basic Jump (32 Jumps)



**Nutrition Challenge**

Q: If your group could make a healthy, whole-grain pizza,

what ingredient would you choose to top it with?

*A: There are a lot of answers to this question. For example, peppers, onions, pineapple, spinach*