**Endurance Rhymes**

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

**Pick a Trick Rhymes**

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| **I** 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  *Add more tricks…* | **O**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  *Add more tricks…* |

**Long Rope Enter/Exit Rhymes**

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| **J**ump in start. Bounce begin.  I jump out and you jump in. | **W**ork all day, sleep all night.  I jump out and you jump right. |

**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**