**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, 4Bell Jump, 2, 3, 4Heels, 2, 3, 4Toes, 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, 4Ski Jumps, 2, 3, 4Straddle, 2, 3, 4Double 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**