

JUMP ROPE RHYME CARD

Endurance Rhymes

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

<p>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 <i>Add more tricks...</i></p>	<p>One 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>
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Long Rope Enter/Exit Rhymes

<p>Jump in start. Bounce begin. I jump out and you jump in.</p>	<p>Work all day, sleep all night. I jump out and you jump right.</p>
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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