









Challenge Jump Rope Style

Your group works together to complete the twin challenges.

The trick for success?

You must be in perfect rhythm, a matching twin! Can you do it?

-  Jump side to side over a line. Now try 10 in a row. How about alternating? Can you land at the exact time?
-  Jump and high five at the peak of your jump. Add some pizzazz to your jump or high five.
-  With jump ropes, jump forward in perfect rhythm. How many can you do without a mistake?
-  One partner jump ropes forward, the other backward in unison. What is your best score?
-  Perform your favorite jump rope skills while matching your twin.
-  Try these twin jumps?

