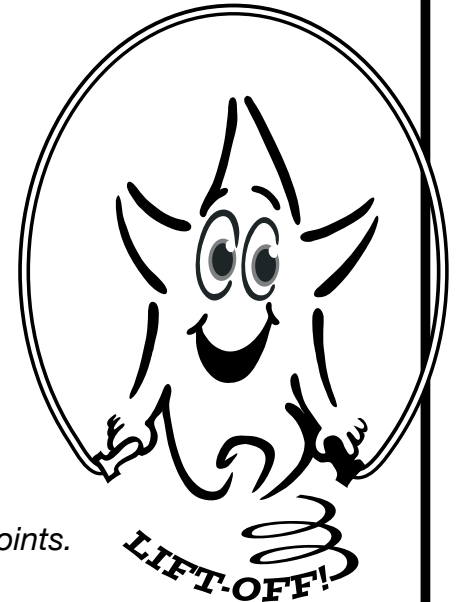


Lift-Off! Says “Jump Rope for Joy!”

On a nice warm day, there are few things more fun than jumping for joy with a jump rope! Jumping rope is especially fun if you play some music and jump along to the beat! You can even get together with some friends and see who can jump rope the longest! It's a great way to stay active and you're sure to have a ton of fun!



STEP 1

Take a portable stereo and one or two of your favorite CDs to a local park, along with your friends and jump ropes of course!

STEP 2

Challenge yourself and your friends to see who can jump the longest to the beat of whatever song is playing. Whoever lasts longest gets one point. Anyone who lasts the entire length of the song gets two points.

STEP 3

You can continue playing for as many songs as you would like, or see who can get to 10 points first!

STEP 4

If there is a tie (more than one person has the same score after the number of songs you select, or two people make it to 10 points at the same time), have a “Sudden Jump” round. For this round, the players jump rope continuously until only one is left. If a song ends and a winner has not been decided, the players must continue to jump in between songs and then change their rhythm to match the next song. Keep going until you have a winner!

STEP 5

For an alternate way to play, have everyone compete in a giant “Sudden Jump” round. Everyone plays as if it is “Sudden Jump”, and the last person jumping is the winner!

KEEP SCORE

If you choose to play the point-based version of this game, use the handy chart below to keep track!

Player's Name	Song 1 Points	Song 2 Points	Song 3 Points	Song 4 Points	Song 5 Points	Song 6 Points	Total Points

Our Jump for Joy Champion Is: _____