



Jump Rope Ninja Training

Each kids have different interests and skills: for example, counting times. Just have fun!

Himawari Preschool



Jumping the snake



Walking over the rope
(not jumping)

1time—
5times—10times



Running over the rope

3 times—5 times
8times



Jumping the wave

3times—5times—
10times

(two adults make waves)



Jumping together

1time-5times-
10times



Skip-rope jump

1time—3times—
5times



Ankle hula-hoop

1time—3times—
5times



Backwards jump

1time—2time



Tie the rope up