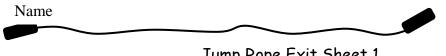




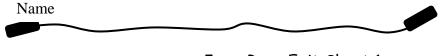
Jump Rope Exit Sheet 1

- 1. Describe or draw how to hold the handle on a jump rope?
- 2. How high do you want to jump off the ground?
- 3. How do you want to land when jumping a basic jump?





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