





February 2022 - Jump rope to strengthen your heart!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Non-stop jumping, is jumping rope for as long as you can without getting tired or tangled.</p>	WHY JUMP ROPE?					
	<p>1. Jumping rope can increase the elasticity and resiliency of lower-leg muscles, leading to a reduced risk of lower-leg injuries.</p>	<p>2. Jumping rope can help improve your coordination.</p>	<p>3. Jumping rope can help improve your cognitive function.</p>			
	<p>1 Organize a family game and play it. What was the name of your game?</p>	<p>1 Jump into each room of your house with a ball between your ankles!</p>	<p>2 WORKOUT WEDNESDAY </p>	<p>3 See if you can jump rope backwards – start with the rope in front, how many jumps did you do? _____</p>	<p>4 National Wear Red Day</p>	<p>5 Do a jump for each letter in the words FISHKILL. How many did you do?</p>
<p>6 Jog in place for 30 seconds each time a commercial comes on the TV if you watch it today.</p>	<p>7 What number is Chris Kreider of the NY Rangers? _____ Do that many sit-ups? _____</p>	<p>8 Do you know any jump rope rhymes? Which one is your favorite? _____ Don't forget to practice it!</p>	<p>9 Who in your family can jump rope the most times in 60 seconds? _____</p>	<p>10 Find something round, do a plank & roll for every letter of your name. How many did you do? _____</p>	<p>11 Find a line on the floor – do scissor kicks over that line. How many did you do? _____</p>	<p>12 Practice your non-stop jumping. How long did you jump for?</p>
<p>13 Organize a family game and play it. What was the name of your game?</p>	<p>14 Can you hop rope? See how many times you can! _____times</p>	<p>15 Dribble a basketball while in the push-up position. Switch hands every 5 dribbles!</p>	<p>16 rest day </p>	<p>17 Dance with a grown-up to two songs on the radio. What songs did you dance to?</p>	<p>18 Go on a walk with your family that is at least 25 minutes long! How long was it? _____min</p>	<p>19 How long does it take you to jump rope 30 times? _____seconds. Can someone in your family beat that? _____</p>
<p>20/27 Jog in place for 30 seconds each time a commercial comes on the TV if you watch it today.</p>	<p>21/28 See if you can jump rope backwards – start with the rope in front, how many jumps did you do? _____</p>	<p>22 Practice hopping – see how many hops you can do on each foot!</p>	<p>23 How long does it take you to jump rope 100 times? _____seconds.</p>	<p>24 How high is a basketball hoop? _____ft. Do that many planks with shoulder taps.</p>	<p>25 Find a line on the floor – do scissor kicks over that line. How many did you do? _____</p>	<p>26 Work on jumping high in the air. _____</p>