

Rainbow Jump!

Focus on physical activity, particularly muscle-strengthening movement, to keep children healthy and happy.



“Strength training” for children involves physical activities they’d be performing anyway, like playing tug-of-war and swinging. The activities below add unique ideas to the mix and keep kids moving.

Objective

Strengthen muscles to prevent injury, maintain proper posture, and have fun!

Equipment

- Item #11-350 **Rainbow Nylon Jump Ropes**
- Item #11-252 **Rainbow Lemon Twist Recorded Music**

Directions

1. Place the jump ropes in straight lines on the floor. Make sure they are far enough apart so the children don’t interfere with one another. Divide the children among the ropes.
2. When the music starts, that’s the children’s signal to begin jumping back and forth over the rope. Assure them that they don’t have to jump very far over the rope or very high – just over it.
3. Stop the music after a brief period, during which the children walk in place.
4. When the music starts again, the children begin jumping again.

Options

- Challenge the children to face the rope and jump back and forth over it from one end to the other (and, eventually, back again).
- Suggest that the children stand beside the rope and jump sideways back and forth across it.
- Challenge the children to jump back and forth across the rope sideways from one end to the other (and, eventually, back again).
- When the children are comfortable with jumping, give them an opportunity to practice using a Rainbow Lemon Twist! If performed continuously, jumping with this unique item contributes to muscular and cardiovascular endurance.

