
Skipping Into Spring

4-H

AT HOME KIT

Grade Level: K-5

Week Of: 04/20/2020

Time: 45 min+ to create



Overview

Hey 4-H'ers! We hope all is going well at home for your families! This week we introduce to you this fitness kit that will hopefully inspire you to get active and become a healthier you!

Description:

Make your very own jump rope and have fun getting enough exercise! Use the color beads to make any pattern you'd like!

Directions:

1. **1st Handle-** Slide the rope into the smaller end of the handle and push all the way through. Slide a washer over the rope.
2. Tie a knot above the washer and close to the end of the rope. Get help if needed to tie your knot. (The washer will keep the knot from going through the handle).
3. Decide how long you need: Mark the rope with a marker. **DO NOT CUT** the rope; a frayed end won't thread the beads nicely.
4. Add all the beads you want, leaving at least 6 inches for the 2nd handle, and slide your second washer through the rope. Check the length in comparison to the user, tie a knot as close to the handle as possible, then cut the extra rope off.

Goals:

Make it advanced: For a symmetrical pattern, mark the center of your rope and add beads before either handle.

Set personal goals to use your jump rope- (Suggested) Time Frame: 6 five-minute breaks to jump rope in-between your school work day.

Materials

- 2 handles
- 2 tiny washers
- 1 long rope
- About 75 beads

Other Resources

Visit our website at

<http://www.alaska4h.org/bethel.html>

for fun activity resources.

 Bethel 4-H

 BethelAlaska4-H

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Weekly Challenge:

Send us a photo of how you used your jump rope to complete your exercise log the school gave you. Winner will receive a prize! Send via Facebook, IG, or email by the following Monday, April 27th. Happy jumping!!