

# JUMP FOR JOY



1. Learn how to safely jump rope.
2. Be able to safely do three forward somersaults.
3. Do three jumping jacks.
4. Without bending your knees, touch your toes three times.
5. Be able to bounce a ball and recover it in your hands four times.
6. Play a game of catch with a friend you know.
7. Sing and play an action song.