



Invisible Jump Rope

How to play:

- The objective of this TAKE 10!® activity is to recall basic counting, addition and subtraction facts while jumping.
- Each student pretends to have an invisible jump rope and begins to jump.
- Class continues until 10 minutes of physical activity have been completed.

Beginner:

- Teacher calls out numbers from 1-10 starting with one.
- Everyone jumps as they count up to that number.
- Start at 20 and count backwards as students do the invisible jump rope backwards.

Intermediate:

- Incorporate different jumping rope styles such as crossing arms or alternating one-footed vs. two footed jumping.
- Warm up with class as indicated in beginner's section above, counting up to 20.
- Start at 20 and count backwards as students do the invisible jump rope backwards.
- Counting by 2's: Recite the cheer and then start counting!
- Counting by 5's: Count by 5's up to 100!
- Counting by 3's: Count up to 36 or count by 4's up to 48!

Advanced:

- You do the math: The leader calls out different math problems while everyone is jumping rope at a steady pace. Use addition, subtraction and multiplication problems to make it more difficult. Once someone says the correct answer, everyone jumps that number of jumps while counting all together. During this time, have the children jump at a more vigorous rate.



How Health Smart Are You?

1. What is the name of the tube that brings air into your lungs?
2. What is the name of the muscle near your stomach area that goes up and down as you breathe?
3. What gas in the air does the body use? It begins with the letter "O."

- Answers:
1. The windpipe (also called the trachea)
 2. Diaphragm
 3. Oxygen

Invisible Jump Rope

Warm-ups:

- 1 - 1
- 2 - 1,2
- 3 - 1,2,3
- 4 - 1,2,3,4
- 5 - 1,2,3,4,5
- 6 - 1,2,3,4,5,6
- 7 - 1,2,3,4,5,6,7
- 8 - 1,2,3,4,5,6,7,8
- 9 - 1,2,3,4,5,6,7,8,9
- 10 - 1,2,3,4,5,6,7,8,9,10



Counting backwards:

- Starting at 20
- Starting at 50

Counting by 2's:

Two, four, six, eight, staying healthy's really great! While you jump count by two up to 20 then you're through! Ready, go!

Counting by 5's:

Count by 5's to 100.

Counting by 10's:

Count by 10's to 100.



You do the math:

$5+5=10$

$6+6=12$

$7+7=14$

$5+6=11$

$6+7=13$

$7+8=15$

$5+7=12$

$6+8=14$

$7+9=16$

$5+8=13$

$6+9=15$

$7+10=17$

$5+9=14$

$6+10=16$

$7+11=18$

$5+10=15$

$6+11=17$

$7+12=19$

$5+11=16$

$6+12=18$

$8+8=16$

$5+12=17$

$8+9=17$

$8+10=18$

$8+11=19$

$8+12=20$

Switch and
do Subtraction