



Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - www.kcplayequity.org/covid19/
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



JUMP ROPE ACTIVITIES

1. JUMP ROPE MATH

Give a math equation to solve, like $2 + 5$. The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills. Turn this game into a competition with multiple kids by making it an "elimination" game. If someone jumps the wrong number, or makes a mistake while jumping, they are eliminated. The last jumper remaining is the winner.

2. SINGLE-ROPE SKILLS

For kids playing alone, a jump rope is a great active toy. Challenge yourself to learn some of the basic jumping skills, such as:

- Scissor jumps: land with one foot forward, then on the next jump switch feet
- Cross jumps: land with feet crossed like an X, then apart, then crossed again
- Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out
- Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump
- Bunny Hops: Hop on one foot
- Flashback: Swing the rope in the other direction, jumping backward
- Run it: Run or jog forward as you jump
- Firecrackers: Jump as fast as you can

3. JUMP ROPE RELAY

Jump your way to the finish line for a simple relay race. Or, incorporate jumping as one leg of a multi-step race.

4. CAT AND MOUSE

You need at least four players for this game: two rope-twirlers, a cat, and a mouse. The mouse must jump over the rope, run around one twirler, jump again, run around the other twirler and repeat (this will make a figure-eight pattern). Meanwhile, the cat is doing the same while chasing the mouse and trying to tag him. Give the mouse a one-jump head start. When the cat tags the mouse, rotate positions and play again.

Stay safe and have fun!

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JUMP INTO SPRING CHALLENGE

Track how many skips you can do in a row then try to beat it each day. How many skips can you get? Share your progress with us for a chance to win a NEW Yoga Mat!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
# of Skips?						

3 Ways to Win

To win a Yoga Mat share a picture of this sheet with your jumping progress and a picture or video of you using your jump rope to one of the following:

1. Tag us on Facebook @Upowerkingco using the hashtag #Uhome
2. Tag us on Instagram @Upower_org using the hashtag #Uhome
3. or email us at contactus@u-power.org

Posts must be submitted by May 31st to be randomly selected. Winners will be notified directly to arrange delivery.

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