

# Join the Jump Rope Revolution!

Sport

Which sports don't require a lot of equipment?



Walk past any schoolyard and you'll probably see kids playing jump rope. Children love doing this fun activity alone, in pairs, or in groups. You may think jump roping is just for kids, but the pandemic changed that. As gyms closed worldwide and lockdowns kept millions of people at home, many adults found jump roping to be the perfect sport. There are lots of reasons jump roping (or as the British call it, *skipping*) became so popular during the pandemic. You can do it alone, it doesn't require too much skill to get started, and you don't have to buy a lot of expensive equipment. A basic jump rope costs less than \$20. Also, jump roping requires very little space, so it's a great activity for those stuck indoors. And it's portable, so you can exercise anywhere.

Just ask Lauren Flymen of Saint Albans, England. At the beginning of the pandemic, Flymen was inspired by "jumpers" on social media. As she improved, Flymen learned tricks like the "mic release" where she lets the handle go, whips the rope around, and then catches it again - all while jumping! Flymen began posting her own videos, and she now has more than 300,000 followers! Jump roping has been a competitive sport since the 20th century. Today, more than 60 countries are members of the International Jump Rope Union. The organization holds competitions where athletes do more than just jumping. There are freestyle events - where jumpers do amazing tricks with exotic names, such as the two-footed frog, full twist, cougar, and triple under. "People think jump roping looks easy, but it's not," says Flymen. Besides tricks, there are other reasons to jump rope. It's good for you! According to a 2013 study from Arizona State University, 10 minutes of jump roping is as good for you as 30 minutes of running. Additionally, research shows it lowers

your blood pressure and strengthens your heart. Jumpers also improve their coordination and balance. Flymen believes one of the biggest benefits has been for her mental health. "You actually don't think about all your troubles and all your stresses in life," says Flymen. Some jumpers even say it's like meditation!

So, grab your favorite sport shoes and start jump roping!

1. According to the article, what helped jump roping become popular during the pandemic?
  - a) Schools were closed.
  - b) Adults couldn't get to the gym.
  - c) Kids were looking for fun activities.
  - d) Jump ropes were easy to find.
2. To do the sport of jump roping you need...
  - a) to be able to jump very high.
  - b) a new jump rope.
  - c) a small space to jump in.
  - d) someone to jump with you.
3. What is true about Lauren Flymen?
  - a) She was the first English woman to make jump roping videos.
  - b) She began learning jump roping tricks during the pandemic.
  - c) She says she wants to improve her jump roping skills.
  - d) She was hurt by a rope handle while jump roping.
4. The International Jump Rope Union...
  - a) has more than 60 member countries.
  - b) teaches athletes how to do exotic tricks.
  - c) is mostly for freestyle jump roping.
  - d) was created during the pandemic
5. What does the article tell us about jump roping and health?
  - a) It compares favorably with running.
  - b) It helps improve coordination.
  - c) It improves your mental health.
  - d) All of the above

<b>SENTENCE</b>
probably see kids playing jump rope.

Present simple:

- +: The kids play jump rope.
- -: The kids do not play jump rope.
- ¿?: Do the kids play jump rope?

Past simple:

- +: The kids played jump rope.
- -: The kids did not play jump rope.
- ¿?: Did the kids play jump rope?

<b>SENTENCE</b>
Elymen learned tricks like the "mic release"

Present simple:

- +: Elymen learns tricks like the "mic release".
- -: Elymen does not learn tricks like the "mic release".
- ¿?: Does Elymen learn tricks like the "mic release"?

Past simple:

- +: Elymen learned tricks like the "mic release".
- -: Elymen did not learn tricks like the "mic release".
- ¿?: Did Elymen learn tricks like the "mic release"?

<b>SENTENCE</b>
many adults found jump roping to be the perfect sport.

Present simple:

- +: Many adults find jump roping to be the perfect sport.
- : Many adults do not find jump roping to be the perfect sport.
- ??: Do many adults find jump roping to be the perfect sport?

Past simple:

- +: Many adults found jump roping to be the perfect sport.
- : Many adults did not find jump roping to be the perfect sport.
- ??: Did many adults find jump roping to be the perfect sport?

<b>SENTENCE</b>
she lets the handle go, whips the rope around, and then catches it again - all while jumping! Flymen

Present simple:

- +: She lets the handle go, whips the rope around, and then catches it again - all while jumping!
- : She does not let the handle go, whip the rope around, and then catch it again - all while jumping!
- ??: Does she let the handle go, whip the rope around, and then catch it again - all while jumping?

Past simple:

- +: She let the handle go, whipped the rope around, and then caught it again - all while jumping!
- : She did not let the handle go, whip the rope around, and then catch it again - all while jumping!
- ??: Did she let the handle go, whip the rope around, and then catch it again - all while jumping?

<b>SENTENCE</b>
it lowers your blood pressure and strengthens your heart

Present simple:

- +: It lowers your blood pressure and strengthens your heart.
- -: It does not lower your blood pressure and strengthen your heart.
- ?: Does it lower your blood pressure and strengthen your heart?

Past simple:

- +: It lowered your blood pressure and strengthened your heart.
- -: It did not lower your blood pressure and strengthen your heart.
- ?: Did it lower your blood pressure and strengthen your heart?

<b>SENTENCE</b>
"People think jump roping looks easy, but it's not,"

Present simple:

- +: "People think jump roping looks easy, but it's not."
- -: "People do not think jump roping looks easy, but it's not."
- ?: Do people think jump roping looks easy, but it's not?

Past simple:

- +: "People thought jump roping looked easy, but it wasn't."
- -: "People did not think jump roping looked easy, but it was not."
- ?: Did people think jump roping looked easy, but it was not?

<b>SENTENCE</b>
Flymen believes one of the biggest benefits has been for her mental health

Present simple:

- +: Flymen believes one of the biggest benefits is for her mental health.
- -: Flymen does not believe one of the biggest benefits is for her mental health.
- ?: Does Flymen believe one of the biggest benefits is for her mental health?

Past simple:

- +: Flymen believed one of the biggest benefits had been for her mental health.
- -: Flymen did not believe one of the biggest benefits had been for her mental health.
- ?: Did Flymen believe one of the biggest benefits had been for her mental health?

<b>SENTENCE</b>
Jumpers also improve their coordination and balance

Present simple:

- +: Jumpers also improve their coordination and balance.
- -: Jumpers do not improve their coordination and balance.
- ¿?: Do jumpers also improve their coordination and balance?

Past simple:

- +: Jumpers also improved their coordination and balance.
- -: Jumpers did not improve their coordination and balance.
- ¿?: Did jumpers also improve their coordination and balance?

## GLOSSARY

Playing,

**play** /pleɪ/

a dramatic composition;  
drama:



Handle

**han•dle** /'hændəl/

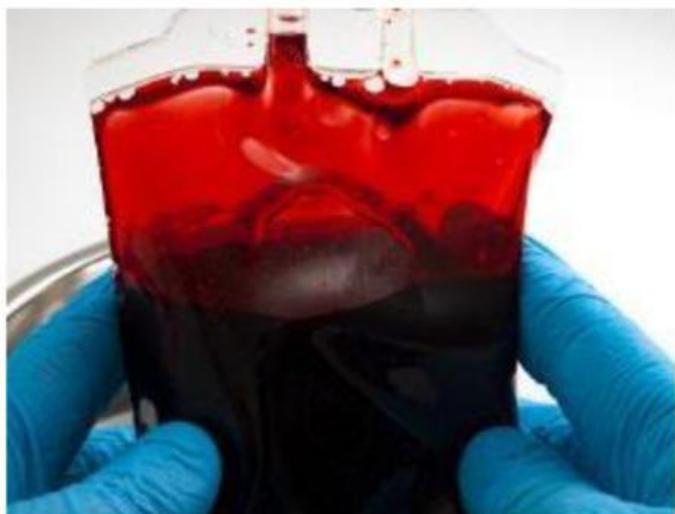
a part of a thing made to be taken or held by the hand:



Blood

**Blood** /blʌd/

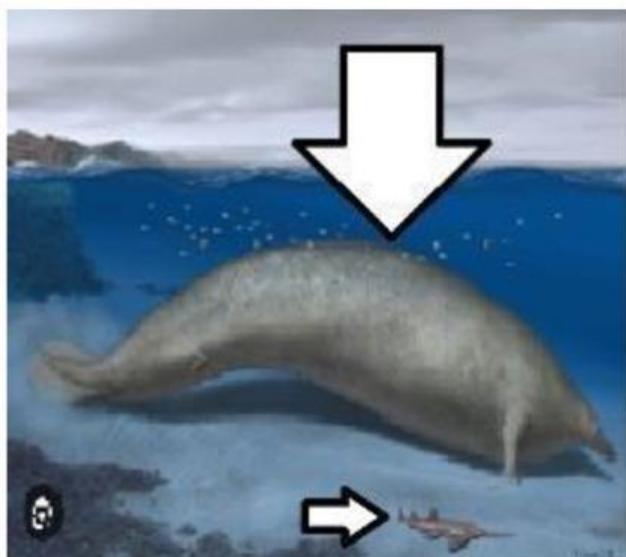
the red fluid that flows through the heart throughout the body.



Biggest

**bigg<sup>1</sup>** (big),

big<sup>2</sup>.



Coordination

**co•or•di•na•tion** or **co-or•di•na•tion** /kou'ordə'neiʃən/  
proper order or relationship:



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