

#### 4. Learning to Jump Rope

"I want to jump rope. I need to check if the rope is the right length (長度). First, I should practice moving the rope before jumping. I can try small jumps at the beginning. Later, I can jump many times without stopping. Playing with friends will be more fun."

**Goal:** \_\_\_\_\_

#### Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

