

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. _____

