

Unit 6 – Lesson 9

The benefits of Jumping rope

Are you …….. ……. a way to get fit? But maybe it's raining today and you don't want to ….. ……? Or perhaps you need something you can do on your own? My friends who play basketball …… me I ……..try jumping rope. They said it …… an important part of their fitness routine. So, I …….. it and I really enjoyed it. Why don't you try it, too?

……. rope is becoming more and more popular, and I think it's easy to see why because there are many benefits. For example, it …….. to improve your balance and coordination. Also, you …… your whole body, including your ……., your …….., and many major muscles. In my ……., if you do physical exercise, you will also feel happier.





LIVEWORKSHEETS



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Your …… has to work hard in various ways when you jump rope; for instance, it has to coordinate all the different movements. So, jumping rope …… your intelligence, too.

I ……. that ten minutes a day is enough to start getting healthier. But I …….. that one of the main reasons for jumping rope is that it's fun. You …… look online for different ways to get started. If you ……., you can ……. a lot of exciting things, too, such as cool tricks to show your friends.





LIVEWORKSHEETS