HANDOUT

Jump Rope Tag Template

Photocopy and laminate this sheet then cut apart the tags. Punch a hole in each tag for a piece of string about 6 inches long, then tie a tag to each jump rope handle.

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Kangaroo Jump 2: Go the Distance with Grains - 43
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For more information call MU Extension’s Show-Me Nutrition line at 1-888-515-0016.