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# BONE-STRENGTHENING ACTIVITIES

## Jump Rope

**Developmental Goal:** To develop strength and endurance.

**Skills Practiced:** Physical awareness, skipping, hopping

**Items Needed:** Jump rope

**Before You Start:** Learn proper form by performing the 6 stepped "Negative Pushup":

- Make sure students understand the importance of safety, control and awareness.
- Review basic jump rope skills

**How to Play:**

- Complete as many consecutive, basic jumps as you can in a minute. Be sure to keep count of your longest consecutive jump count.

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another activity.





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# BONE-STRENGTHENING ACTIVITIES

## Hop'N Freeze

**Developmental Goal:** To develop listening skills

**Skills Practiced:** Hopping, jumping, skipping, running and balance

**Items Needed:** None

**Setup:** Use boundaries to create an appropriately-sized play area.

**Before You Start:**

- Demonstrate how to avoid contact with each other.
- Students should be able to repeat all rules and signals.
- Spread students out to avoid contact and collisions.

**How to Play:**

- You must stay inside the boundaries,
- On 1st signal: students begin hopping (skipping, jumping, etc.),
- On 2nd signal: students must freeze in a balanced position (on one foot, one foot and one hand, etc.),
- Repeat several times; change what students do for each signal.

**Variation(s):**

- Have students go while holding hands with a partner and give added balancing challenges.

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another activity.

