

How to jump rope

1. Noun - Plural
2. Verb
3. Noun
4. Verb
5. Noun
6. Verb - Past Participle
7. Noun
8. Verb - Present Tense
9. Adjective
10. Noun

How to jump rope

Do you how how to jump rope? Many _____ Noun - Plural _____ don't. If you don't, I'm here to _____ Verb _____! First get a _____ Noun _____, you will need it to begin and _____ Verb _____. Next _____ Noun _____ the rope behind you while holding both ends. As the rope _____ Verb - Past Participle _____ up to your feet, _____ Noun _____! Keep practicing and _____ Verb - Present Tense _____ if you don't get it at first. Once mastered, jump rope is very fun and a _____ Adjective _____. skill to have. I hope you enjoy your new _____ Noun _____!