Did you know that regular exercise can boost and balance your immune system and help to fight off infections? Regularly skipping rope (or jump roping) is an especially good way to strengthen it. Skipping rope is also the perfect way to condition muscles to increase balance and endurance – plus it’s fun!

So why not try the Jump Rope Challenge and challenge your parents and friends? Let’s give our immune system superhero team some extra power!

**Tip:** First learn each skill individually. If you can master each one, try to jump them one after the other. Soon you will be able to perform the Jump Rope Challenge from start to finish!