

HANDOUT:

Jump Ropes 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 attach a tag to each jump rope handle using duct tape.

Make smart food choices and be physically active for good health! MICHIGAN STATE UNIVERSITY EXTENSION	Make smart food choices and be physically active for good health! MICHIGAN STATE UNIVERSITY EXTENSION
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