



GIRLCRATERY™

LET'S GET MOVING!

Fun ways to move
your body!

JUMP ROPE 1



Chinese jump rope, or elastic jump rope, is a fun game you can play with at least 3 people. In this game, the rope actually stays still while players jump! Two players will hold the rope with their legs, while the remaining players take turns jumping in, over, and on the rope!

CHINESE JUMP ROPE

- To play this game, 2 people will start with their legs inside the rope. You will start with the rope at your ankles, and will move the rope up during game play to make the levels harder. Be sure to have enough space between your legs so the jumpers can jump inside the rope too.
- Additional players will be the jumpers. The basic moves will be:
 - In: The jumper's feet land inside the rope.
 - Out: The jumper's feet land outside the rope.
 - Right: The jumper's right foot lands inside the rope.
 - Left: The jumper's left foot lands inside the rope.
 - On: The jumper's feet land on the rope.
 - Turn: The jumper spins in mid-air to face the opposite direction.
 - Straddle: The jumper's feet land on either side of the rope.
- Come up with a pattern for the holders to call out as the jumper jumps. You can make the pattern as short or as long as you want, but the longer the pattern, the harder it will be. Some sample patterns include:
 - 1. In-Out-In-Out-On 2. Out-On-Right-In-Out-On-Left-In 3. In-Straddle-Turn-Right-Out
- When you have decided on the pattern to use, the holders and jumper can all chant it together while the jumper jumps. If the jumper does all of the moves successfully, then you can speed it up or try a harder pattern. If the jumper messes up, then someone else can have a turn.
- If the jumper completes the pattern without touching the rope, you can also raise it a little higher. Then, the jumper must complete the same pattern at this new height. Keep raising the rope until the jumper touches it or makes a mistake.
- The next jumper should try to repeat the first jumper's skip pattern. Once everyone has had a turn, move on to a different pattern. Try coming up with longer and more complicated jump patterns as the game goes on!

JUMP ROPE 2



Classic jump ropes can be used alone or can be tied together to play double dutch! Double dutch needs at least 3 people to play, with 2 players swinging the rope, and the rest of the players taking turns jumping over the rope. When you get comfortable you can use 2 long ropes at the same time!

DOUBLE DUTCH

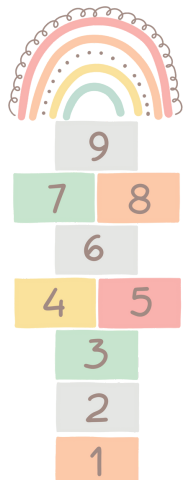
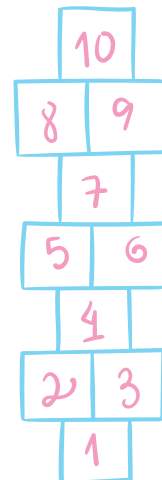
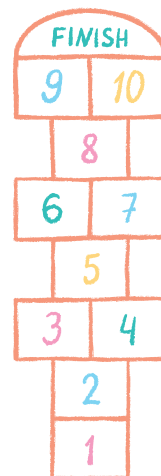
- Gather a minimum of three people. You will need two to turn the ropes and at least one who will jump. You will always have two people turning the ropes, but you can have more than 1 jumper. You can jump two at a time and change jumpers.
- You will need 12-14 feet of jump rope. That can be a single long rope, or 2 shorter ones tied together. You need to make sure it will be high enough to go over the jumper's head!
- Turners start rotating the rope in rhythm. Make sure the rope goes high enough to encircle the person who will be jumping. The ropes should graze the ground on each rotation.
- Jumpers, learn the rhythm. Before you enter, take time to watch the turners and listen to their rhythm. Try a couple of jumps outside of the rope so that the turners can become familiar with your pace. This way, you will all be starting at the same speed and can avoid any mix-ups. Teamwork is key!
- Enter diagonally. Start beside one of the turners. The turner should say, "Ready, set, go," and you will enter on "go." If you are struggling to enter into the middle, you can mark the middle with chalk. This way you will have a target to aim for as you enter.
- If you are having a hard time entering, you can try starting in the middle before the turners begin to rotate the ropes. This will help you get used to finding your rhythm and can eliminate some of the initial awkwardness of making an entrance.
- Once one person has a solid rhythm in the middle, another person can join them. Two people is more challenging and a lot of fun. Try to keep the rope going at all times as jumpers enter and exit. When another jumper joins, move over slightly so that there is enough room for both of you. Try to stay in sync with the other jumper.
- Once you get comfortable with a single rope you can add a second rope to play true double dutch.
- From the elbow, move your left arm clockwise towards the center of your body in a circle, and move your right arm counterclockwise towards the center in the circle. Your hands should be opposite one another so that when your right arm is up high, your left arm is down low. The circles should span from about your chin to your waist.

HOPSCOTCH



Hopscotch is a fun driveway game you can play alone or with friends! All you need is some chalk (included in this month's crate) and a stone or small object (like the foam die in this month's crate). Start by drawing out a hopscotch board on the ground. See below for some examples of how to draw them out. Be sure the squares are big enough to fit your feet!

- Draw a hopscotch design on the ground. The squares should be large enough to fit one foot and to make sure that a stone thrown into the square will not bounce out too easily. There are many different layouts you can use, some of them are shown below. It is common to designate the section at the top as a rest or stop area. This is where the player can take a moment to turn around and/or regain their balance.
- Throw a flat stone or similar object to land on square one. It has to land inside the square without touching the border or bouncing out. If you don't get it within the lines, you lose your turn and pass the stone to the next person. If you do get it, however, go on to the next step.
- Hop through the squares, skipping the one you have your marker on. Each square gets one foot. You can't have more than one foot on the ground at a time, unless there are two number squares right next to each other. In that case, you can put down both feet simultaneously (one in each square). Always keep your feet inside the appropriate square(s); if you step on a line, hop on the wrong square, or step out of the square, you lose your turn.
- Pick up the marker on your way back. When you get to the last number, turn around (remaining on one foot) and hop your way back in reverse order. While you're on the square right before the one with your marker, lean down (probably on one foot still!) and pick it up. Then, skip over that square and finish up.
- Pass the marker on to the next person. If you completed the course with your marker on square one (and without losing your turn), then throw your marker onto square two on your next turn. Your goal is to complete the course with the marker on each square. The first person to do this wins the game!

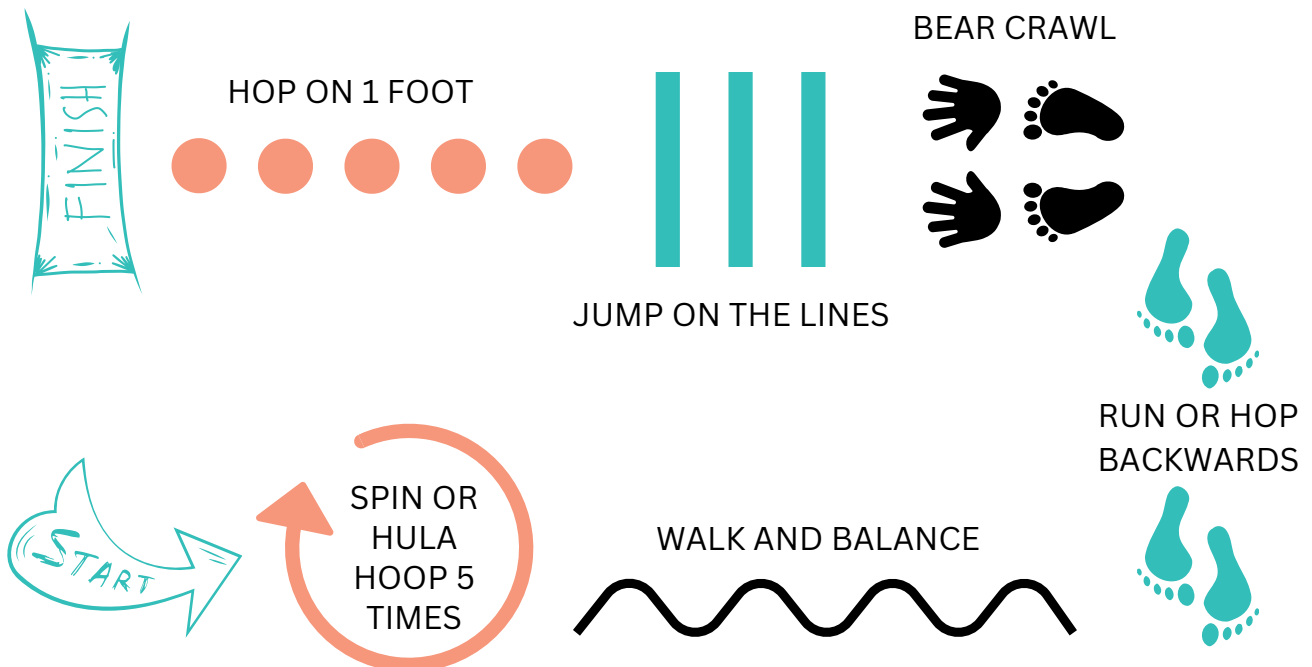


OBSTACLE COURSE



Doing a sidewalk chalk obstacle course is fun and easy, and can be done alone or with your friends! Simply draw out an obstacle course with the chalk in your crate, and follow the course! For an extra challenge, time yourself to see how quickly you can get through it!

- Start by deciding what activities you want on your course. You can do things like, hop on one foot, spin in a circle, balance on a line, follow a wandering path, do 5 hula hoop rotations, etc. You could even start with a hopscotch board! Below is a sample of a course, but you can come up with whatever you like!
- Draw out your course with the sidewalk chalk in this month's crate. If you are playing with your friends, take turns completing the course to see who can make it all the way through without falling or messing up. Once you get comfortable with the activities, you can time yourself to see who is that fastest!



BASKETBALL



Basketball is a fun activity you can play by yourself, or with a group of people! If you have a basketball hoop that's great! But, if you don't, check to see if nearby parks have hoops you can use. Or you can always make your own using any ball (like the beach ball in this month's crate) and an empty container, like a laundry basket or cardboard box.

HORSE OR PIG

An easy game to play with 2 or more people is HORSE. This game is similar to the game Simon Says but with basketball!

- Pick a player to start. Agree on an order for who plays first, then second, and so on. If you can't decide, take turns shooting from the same spot. The first person to make a basket can choose their position. Continue this process until the order has been determined.
- Start with the first player taking a shot at the hoop. The first player can take a shot from anywhere on the court or even from out of bounds! They can add "extra rules" to this shot too, but they have to announce them before shooting. For example, the player can say "I'm shooting with my eyes closed" or "I'm shooting behind my back." They get one attempt to make the basket.
 - If the shot goes in: All of the remaining participants must attempt the exact same shot. If any of the players fail to score or follow all of the rules laid out by the shooting player, they will receive a letter of the word "horse," starting with "H."
 - If they miss the shot: The next player gets a chance to create a new challenge and the cycle repeats.
- If you invent a shot, and every other player successfully makes the basket, you get to invent a new shot.
- Change up your shooting location and activity when it is your turn to be the starting person.
- You can spell out PIG for a shorter game. What other words can you think of that would be fun to spell out?

ACTIVE FUN



Your crate contains a large foam die and a beachball. There are so many fun things you can do with them! You can use the foam die to play hopscotch or to play the fun activities below! You can use the beachball to play basketball or try the activities listed below.

Dice: Activity 1

Roll the die and do the activity that matches up with what you rolled.



RUN IN PLACE

TOUCH YOUR TOES

FROG JUMPS

ARM CIRCLES

JUMPING JACKS

DANCE PARTY

Dice: Activity 2

Pick 1 activity (like frog jumps) and roll the die. If you roll a 2, do 2 frog jumps, if you roll a 3, do 3, etc.

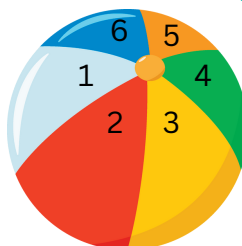


Beachball: Activity 1

Play volleyball. With your friends. You can play on a volleyball court, a tennis court, or even in your driveway. Just use sidewalk chalk to draw a straight line on the ground, that will act like a net line.

Beachball: Activity 2

See how many times you can bounce the ball in the air. You can bounce it over your head, or underhand.



Beachball: Activity 2

Draw a number on each panel of the beachball with a permanent marker. Decide what activity you want to assign each number (like #1 is frog jumps, #2 is jumping jacks, or use the die chart to the left). Then throw the ball in the air, and whatever panel your thumb lands on is the activity you do.



YOGA

Yoga is a great way to feel strong in your body and mind. Yoga will help increase your balance, strengthen your muscles, and focus your mind. Use the cards in this month's crate to start your own yoga practice at home! You don't need a mat if you practice on carpet, but you will want to be barefoot so you don't slide.

WALKING

Walking is a fun and easy way to get your heart beating and destress. Did you know that walking in nature can help you destress even more? Nature can be found anywhere too. Whether it's a garden in your yard, a local park with some trees, or a nearby hiking location, just step outside and breathe some fresh air!



BIKING

Riding a bike is a great way to enjoy the outdoors and have fun at the same time! If you don't have a bike, many cities offer locations where they can be rented and ridden. Don't forget to wear a helmet and brightly colored clothing when you go out to ride!

SWIMMING

Swimming is a great way to have fun, get exercise, and cool off during the warmer months! Whether it's the pool, a lake, the ocean, or a river, a dip will do you good! Lots of cities also offer indoor swimming during the winter months. Check with local community centers or gyms with pools in your area!

