

## Meridian Ranch Bulldogs are Jump Rope Ninjas!

We are jumping for joy *and* for heart health at Meridian Ranch Elementary! In P.E., we started Quarter 4 off with our Jump Rope Ninja challenge where students in each grade are jumping their way up to a black belt! Each grade level has their own number of jumps they have to achieve to earn different colored belts. For instance, our Kinders jump one time to get a white belt, while our 5th graders jump 15 times to earn white.



During P.E. each student will earn their white belt in a way that is comfortable and adaptable to their needs. They begin to challenge themselves and practice continuous jumps to earn higher belts. Each class has a range of skill levels, and those reaching higher milestones are encouraged to help and cheer on their classmates. As they reach each level, they get to sign the coordinating Ninja poster to show what belt they are on!



Another great thing with this challenge is that all students are able to participate... even our friends with disabilities! With some extra ninja-like engineering, we have jump ropes that friends in wheelchairs or that have more difficulty with balancing and jumping can use to work their way up the ninja belt ladder!



And that's still not everything... not only are our students jumping - our Teachers and Staff are getting involved as well! Each Wednesday Coach Kari opens up the gym early to encourage "Wellness Wednesday" where all teachers and staff come to jump or do other exercises. In week 2 of our Jump Rope Ninja challenge we have 44% of our Teachers and Staff having already earned at least one belt - plus two of our Substitute Teachers who came to participate. Teachers can also stop by during their classes perspective - and there is nothing like your whole class counting and cheering you on.



Just ask Mrs. Keigher who stopped by when her class was in P.E. and jumped 200 times to earn her black belt! There were lots of cheers as she signed on the black belt wall.



Jumping rope is not an easy skill, and takes a lot of foot and hand coordination. We have been working all year on jump rope skills. Putting into practice what we know about jumping, along with how vigorous activities help us to be heart healthy, everyone is on their own journey to reach new milestones - or belts!

