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Sat, 16 Feb 2019 13:17:00 GMT

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www.nasa.gov Jump for the Moon– Educator Guide 4/5 health. • Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. o 5.5.4 Predict the potential outcomes of each option when making a health-related decision. o 5.5.6 Describe the outcomes of a health-related decision.

Rope Skipping - Coach Jackson's Pages

Wed, 13 Feb 2019 09:46:00 GMT

Rope Skipping Jumping rope will help to improve the athlete's rhythm and timing and acceleration of jumping leaps, start speed and quickness in small areas. Greater leg, ankle, knee and foot strength, better eye hand foot coordination, endurance and stability for throwing, blocking, shooting and holding onto or knocking ball away.

5-Minute or Less Health Tip: Jump Your Way to Health ...

Mon, 18 Feb 2019 14:26:00 GMT

5-Minute or Less Health Tip: Jump Your Way to Health. ... 5-Minute or Less Health Tip: Jump Your Way to Health. Share on Facebook. Tweet on Twitter. Trampoline jumping, or "rebounding" as the medical community calls it, boosts circulation, tones the lymphatic system, detoxifies the body, sheds pounds, and strengthens overall immunity. You ...

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