## How to jump rope

1.	Noun - Plural
2.	Verb
3.	Noun
4.	Verb
5.	Noun
6.	Verb - Past Participle
7.	Noun
8.	Verb - Present Tense
9.	Adjective
10.	Noun

## How to jump rope

Do you how how to jump rope? Many <u>Noun - Plural</u> don't. If you don't, I'm here to <u>Verb</u> ! First get a <u>Noun</u>, you will need it to begin and <u>Verb</u>. Next <u>Noun</u> the rope behind you while holding both ends. As the rope <u>Verb - Past Participle</u> up to your feet, <u>Noun</u> ! Keep practicing and <u>Verb - Present Tense</u> if you don't get it at first. Once mastered, jump rope is very fun and a <u>Adjective</u> skill to have. I hope you enjoy your new <u>Noun</u>!

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