

# 5<sup>th</sup> Grade Jump Rope Team

**Wanted:** 5<sup>th</sup> graders interested in increasing cardiovascular endurance, improving coordination, and agility while having fun! Join the jump rope team. We'll be doing basic jump roping, learning tricks, and double Dutch jump roping in team made-up routines set to upbeat music.



All 5<sup>th</sup> grade Hickory Flat students are invited to participate on the Jump Rope Team. Practice is held after school on Thursdays from 2:20 - 3:20.

## Permission to join the HFES 5<sup>th</sup> Grade Jump Rope Team

**When:** Every Thursday starting January 19th

**Time:** 2:20 – 3:20

**Where:** Gym and outside by gym parking lot

**Students who join will need to be picked up by 3:25 at gym. We will be outside the gym jumping.**

Contact: Linda Warner [linda.warner@cherokeek12.net](mailto:linda.warner@cherokeek12.net)

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\_\_\_\_\_ yes, I would like to join the 5<sup>th</sup> Grade Jump Rope Team

Student Name: \_\_\_\_\_

Homeroom teacher: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Contact: Phone \_\_\_\_\_

Email: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

\_\_\_\_\_ Pick Up \_\_\_\_\_ ASP

**Please return this filled-out portion to Room #723 Mrs. Warner's Room by Friday, Dec. 16<sup>th</sup>.**