TWIRL AND JUMP
WHAT YOU NEED
STEP 1: Cut 5ft piece of PVC pipe in half to make two 2.5ft pieces.
STEP 2: Drill hole in center of end cap.
STEP 3: Cut jump rope in half. 8 or 9ft “licorice” type ropes work best. Slide off handles. Do not remove plastic stoppers from handle ends of ropes!

Note: If your jump rope does not have a plastic stopper wrap Duct tape around the end until it’s thick enough to not slip through.
STEP 4: Slide jump rope through PVC pipe. Thread **cut end** of rope (the end without plastic stoppers) through end cap.
STEP 5: Secure end cap to PVC pipe, pull rope through.
STEP 6: Use Phillips-Head screwdriver or other sharp utensils to poke hole in whiffle ball.
STEP 7: Push rope through the **hole** you just made to the opposite side of the ball, and out through a hole.
STEP 8: Wrap a small piece of Duct tape around the end to increase diameter and keep rope from slipping through entry.
STEP 9: Push bells or other noise making items through holes. Items should be slightly larger than holes in ball. Push hard!

Note: If item does not fit through hole, use a sharp knife/blade to cut an “X” in between the holes, and push item through. Increase size of “X” until item fits through.
That’s it! Decorate to your liking or let students decorate their own!
Note: Don’t limit yourself (or your students) to using these solely for jumping activities. Allow students to explore and be creative!