Here are some fun Jump Rope rhymes From OPEN that you can try to complete while jumping rope:

Endurance Rhymes:
- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I’m ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

And of course you can practice some we have already done at DPS, such as:

Bubblegum, Bubblegum, in a dish.
How many pieces do you wish? 1, 2, 3…

OR

Ice Cream, Ice Cream
Cherry on the top
How many sprinkles before you stop? 1, 2, 3…