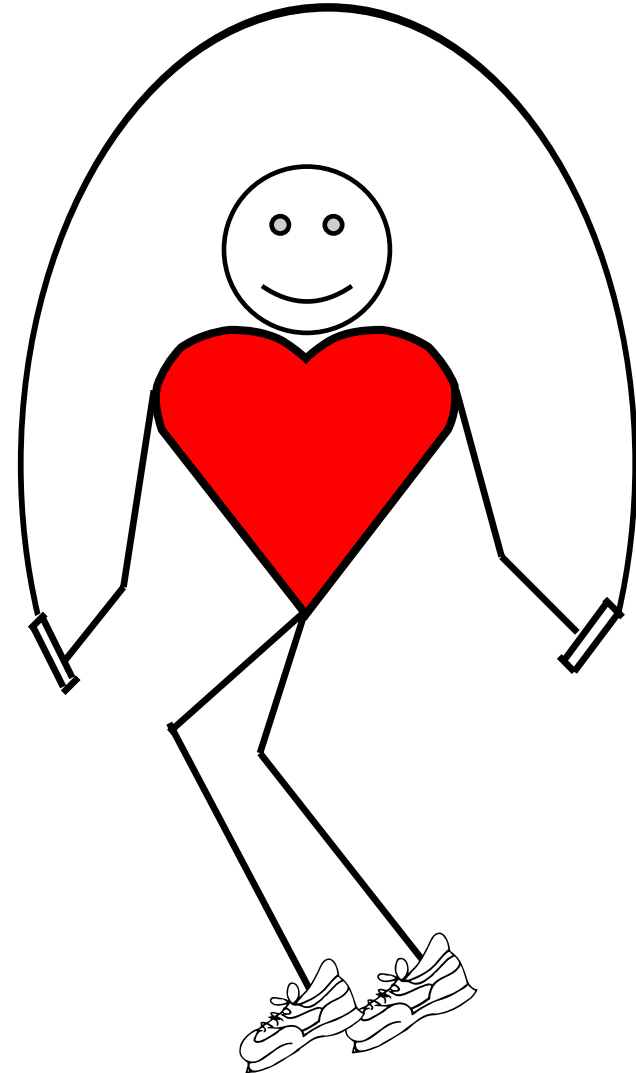
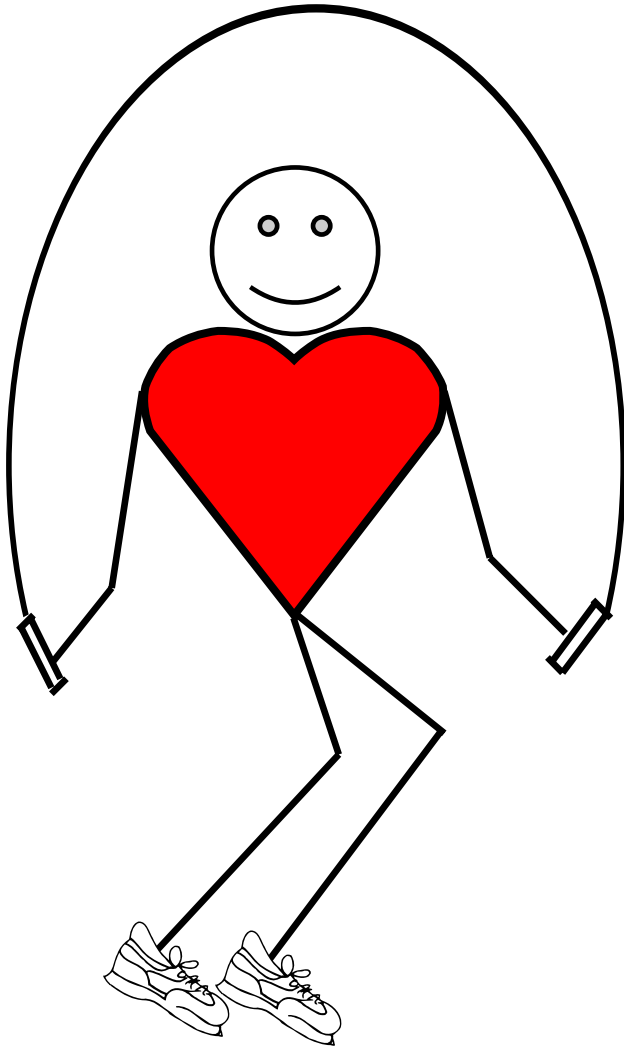


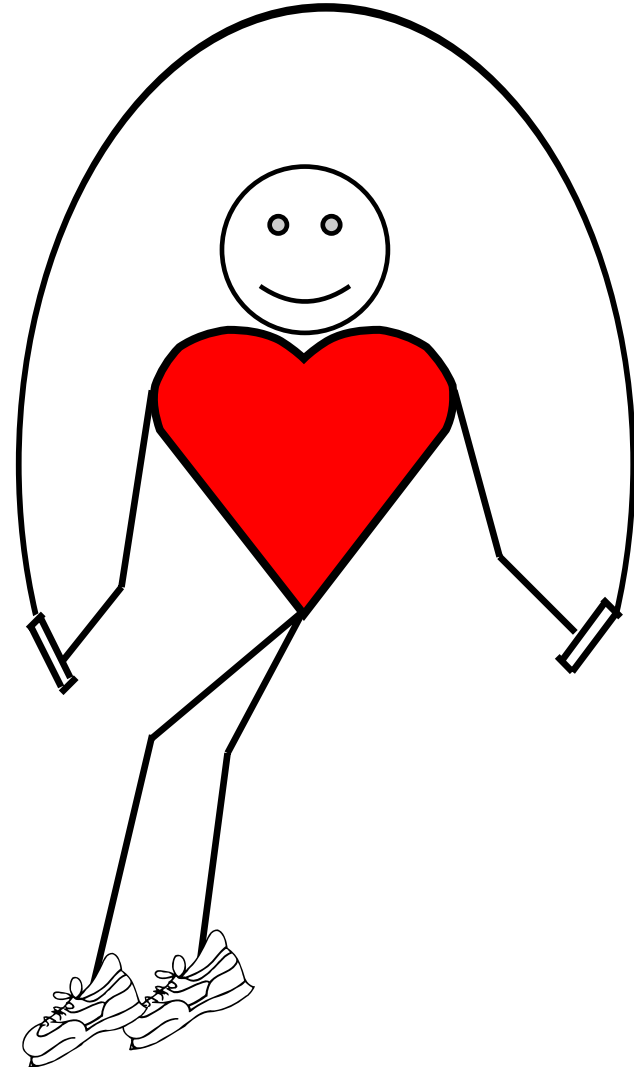
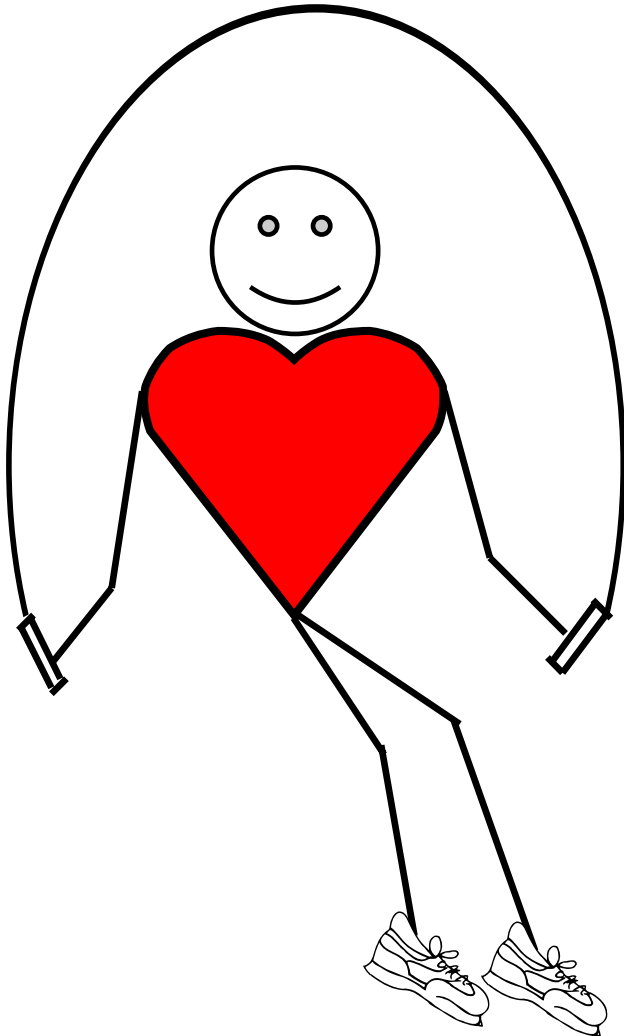
Twister

- 2 feet together
- Twist hips to one side, then the other side
- Keep arms still as hips are twisted
- Keep upper body facing forward throughout



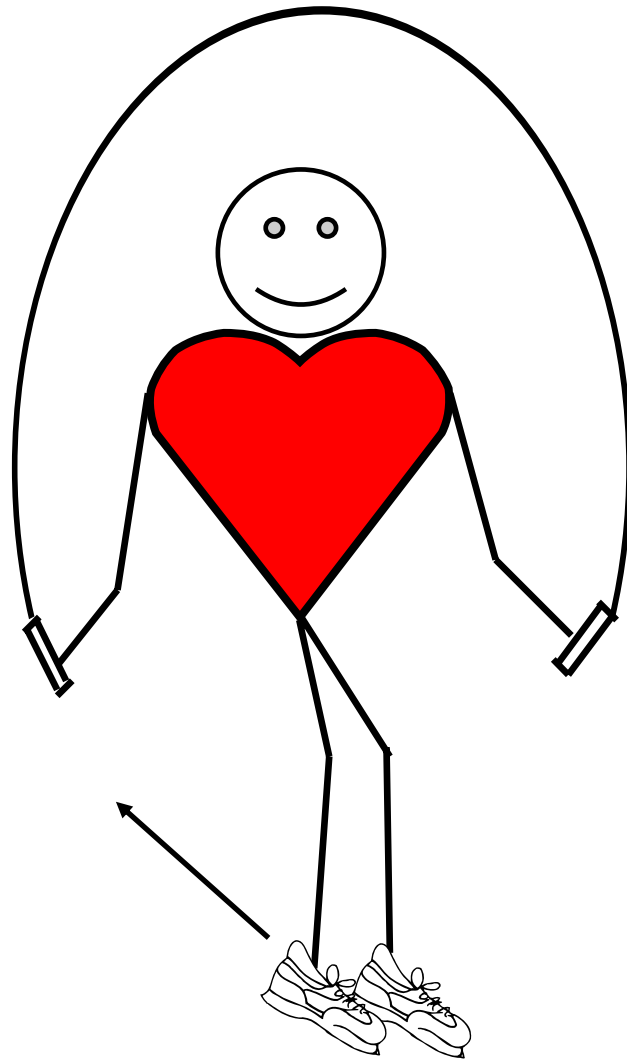
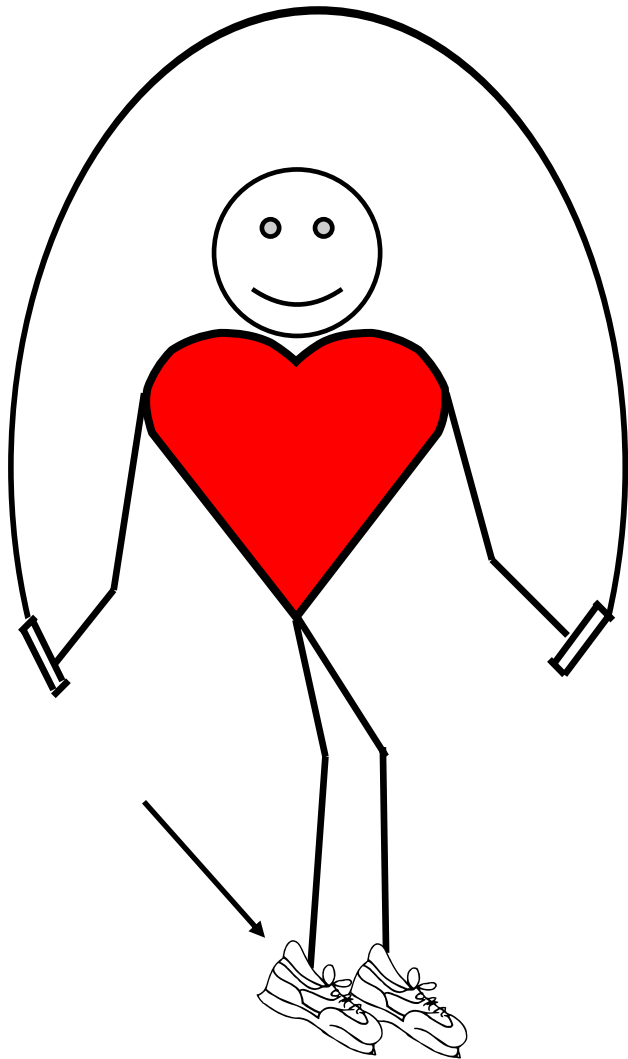
Slalom

- Jump both feet to one side, then both feet to the other side
- Keep feet together



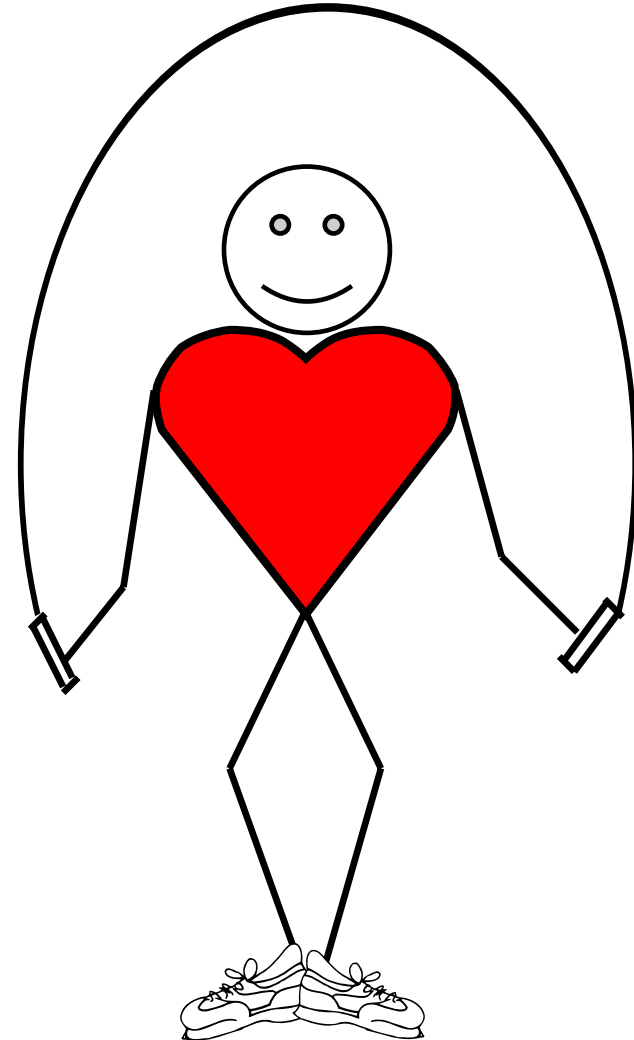
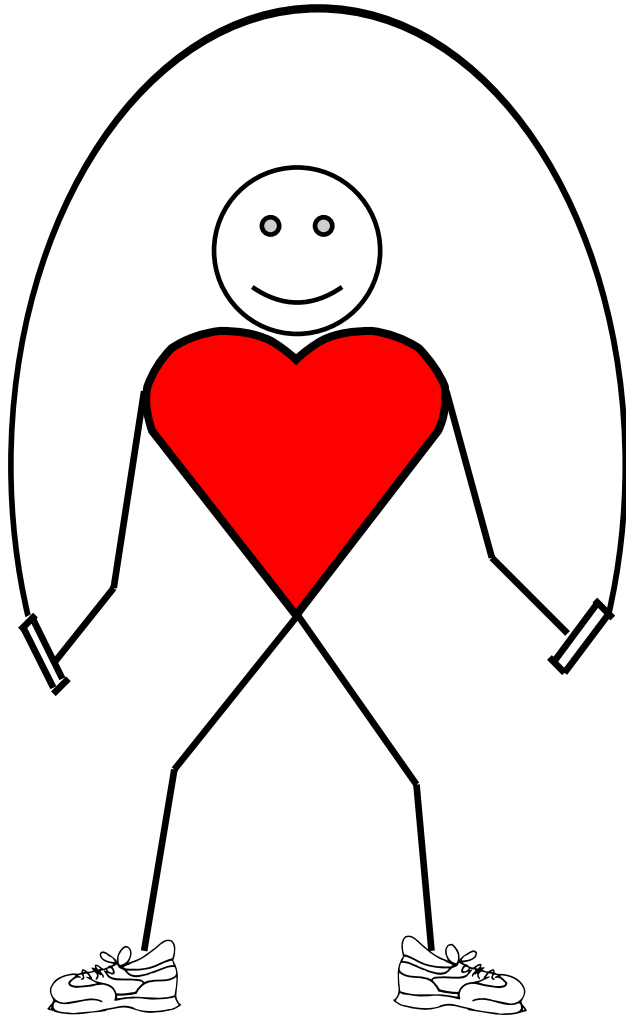
Front and Back

- Both feet forwards
- Both feet backwards



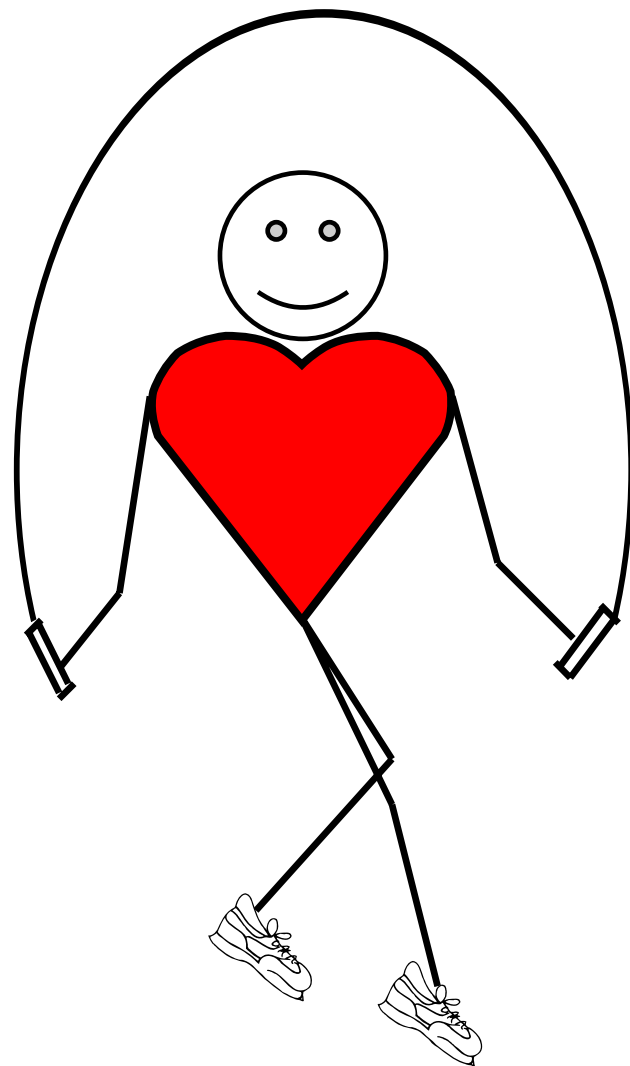
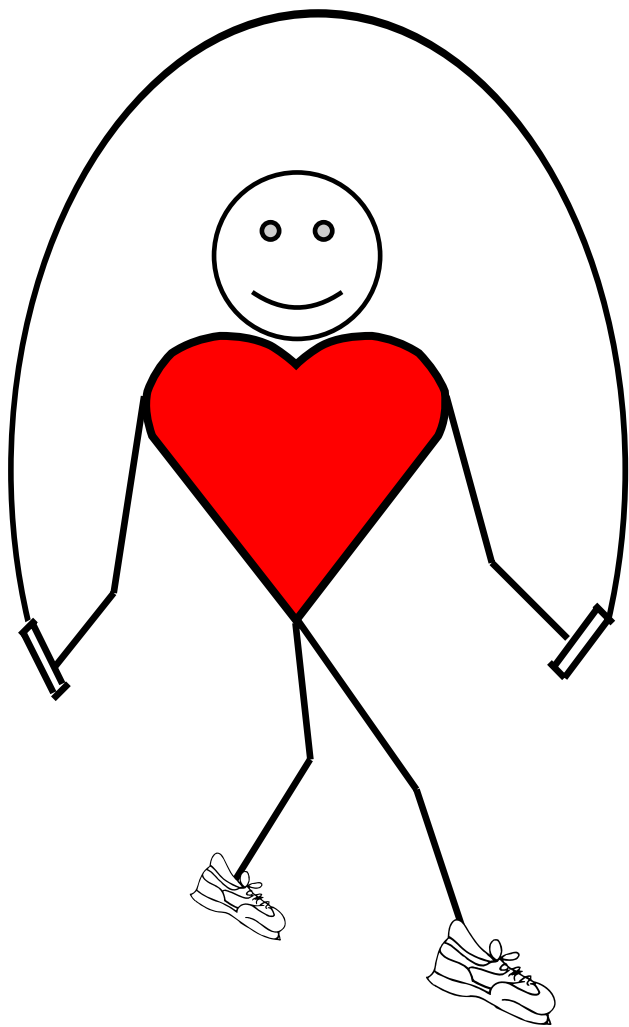
Jumping Jax

- Jump feet shoulder width apart
- Bring the feet back together



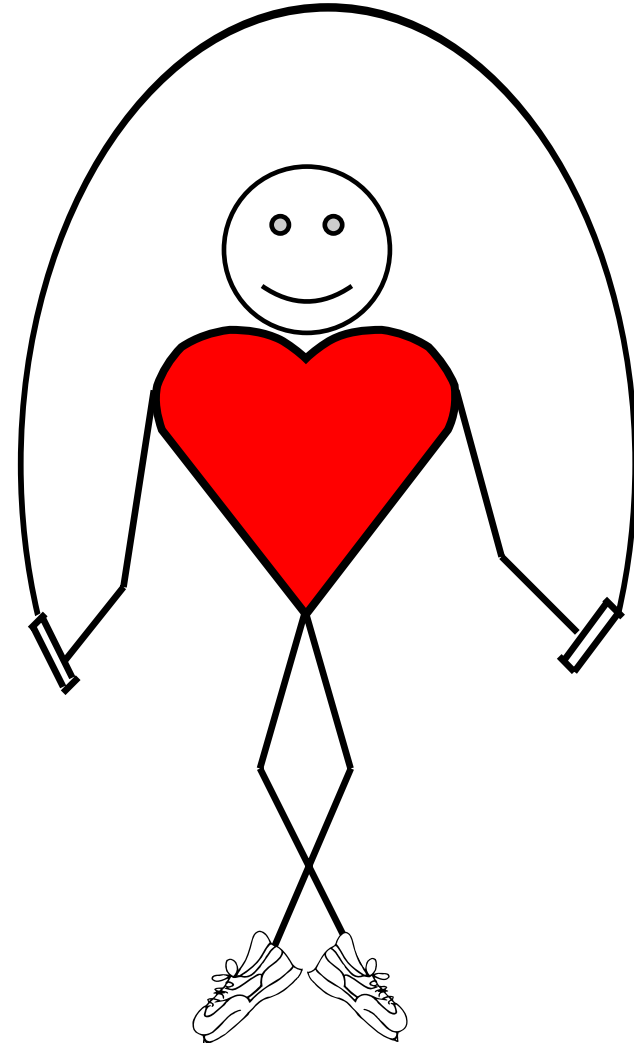
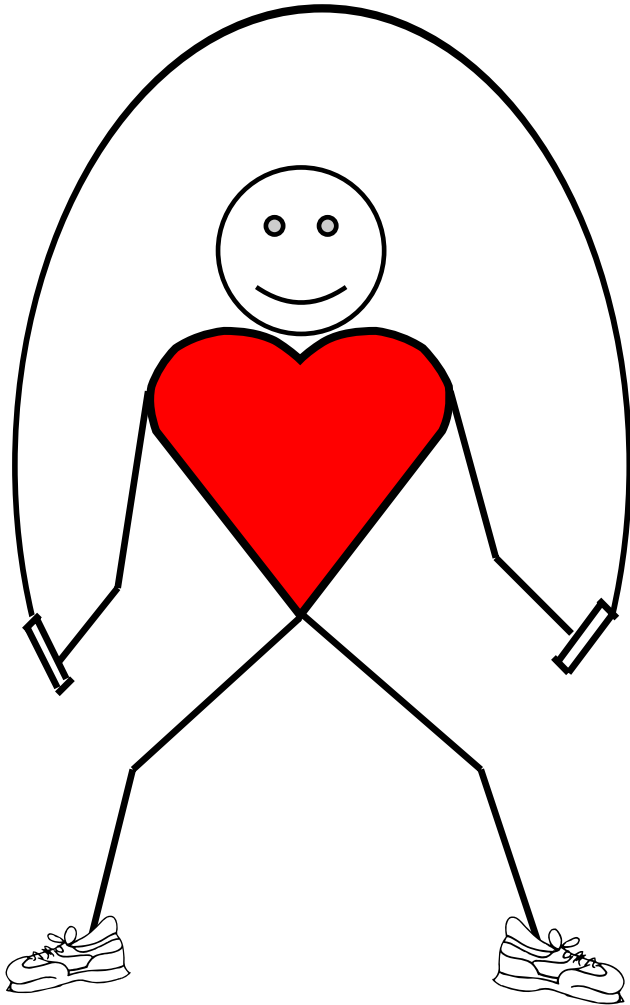
Scissors

- Jump one foot forward
- Jump opposite foot forward



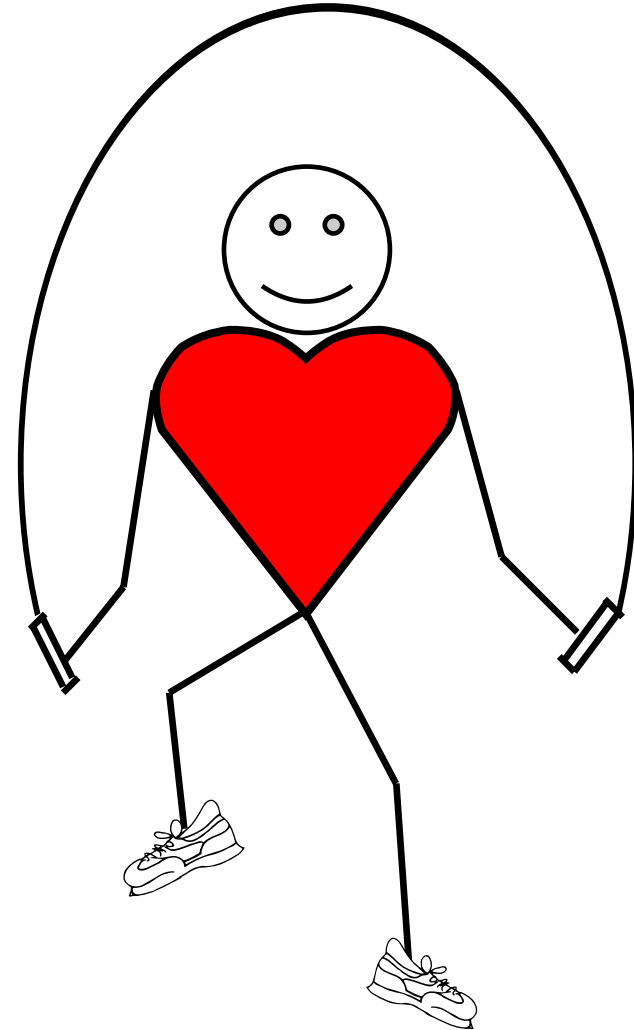
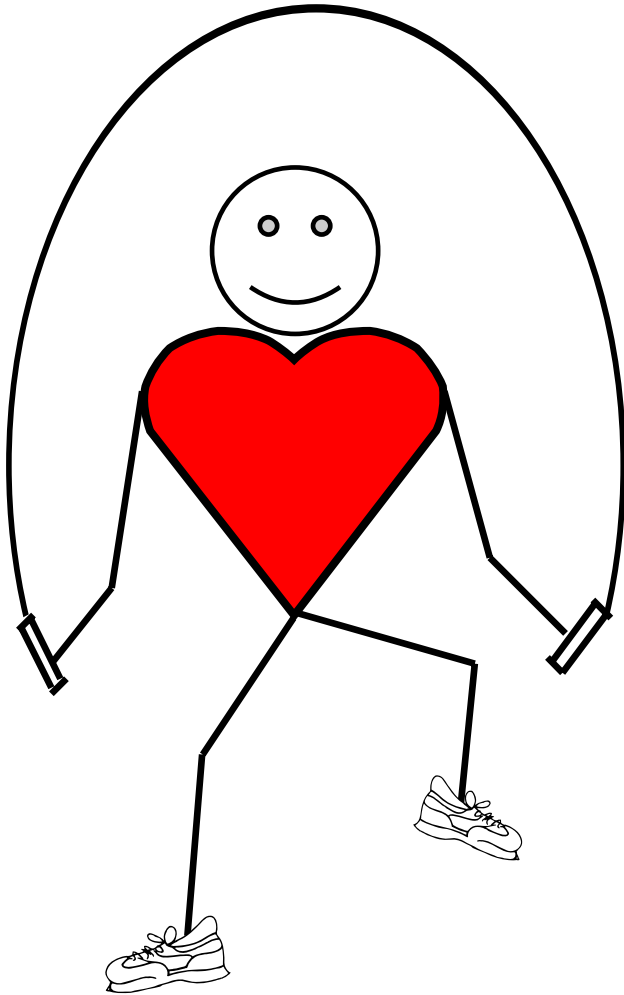
X - Its

- Jump feet shoulder width apart
- Cross the feet
- Alternate the foot that crosses in front



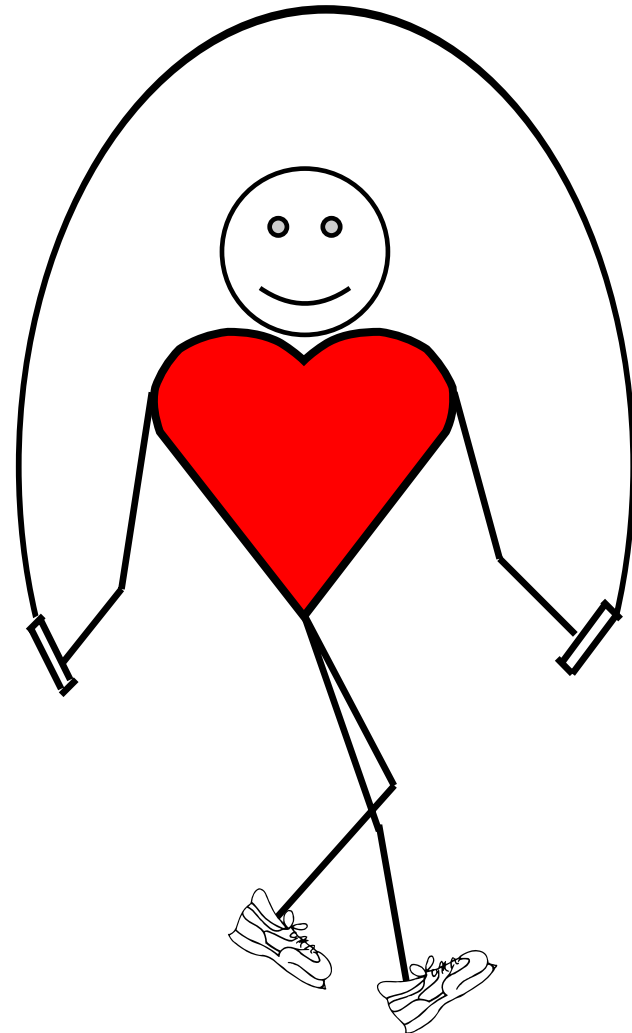
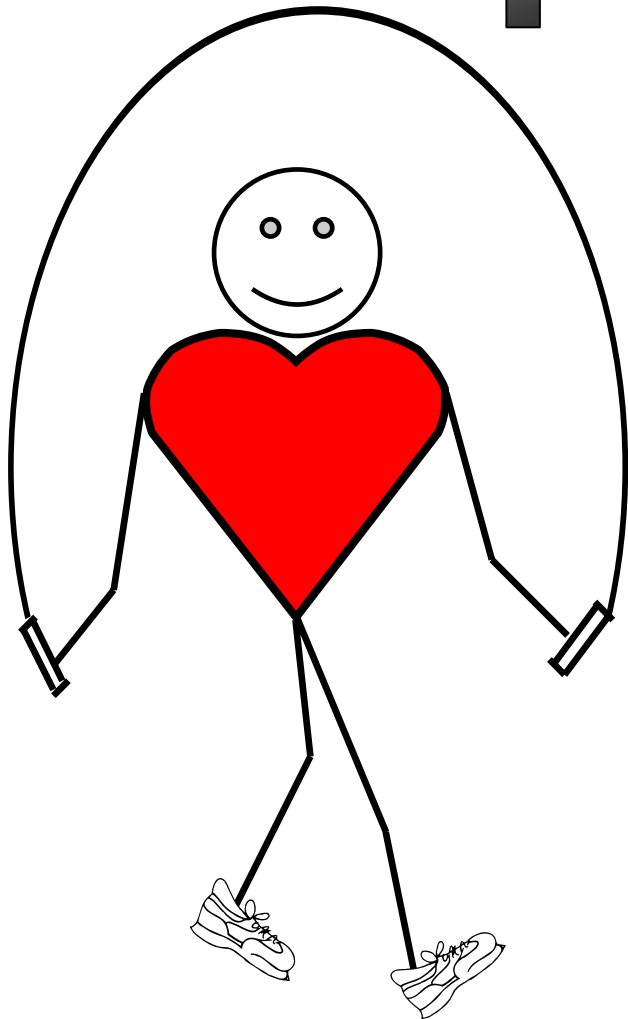
Alternate Foot Jump

- Hop on one foot
- Hop on the other foot
- Similar to a jogging action



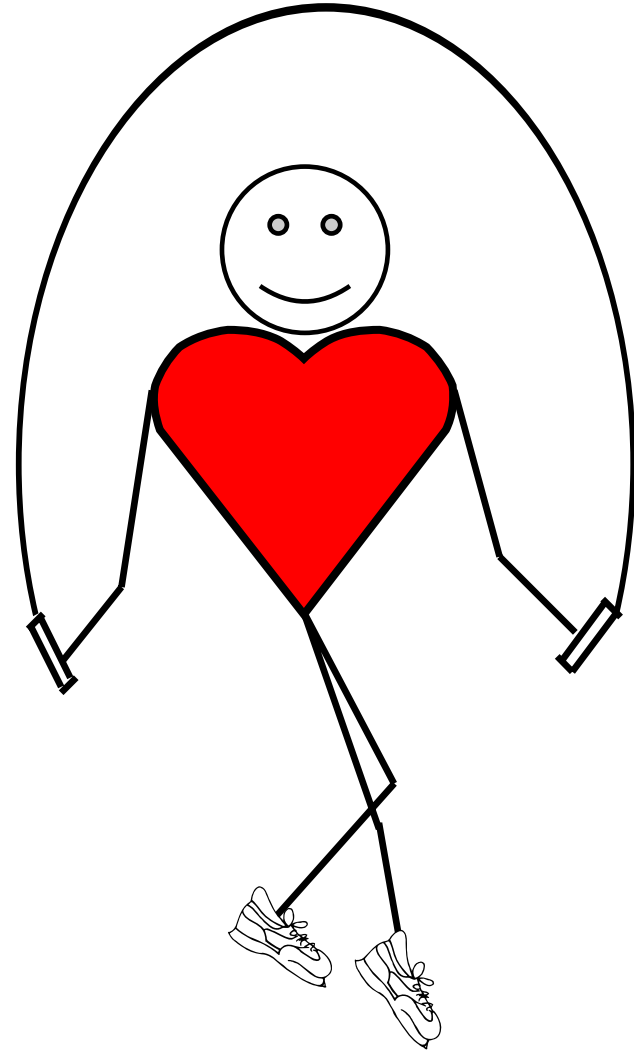
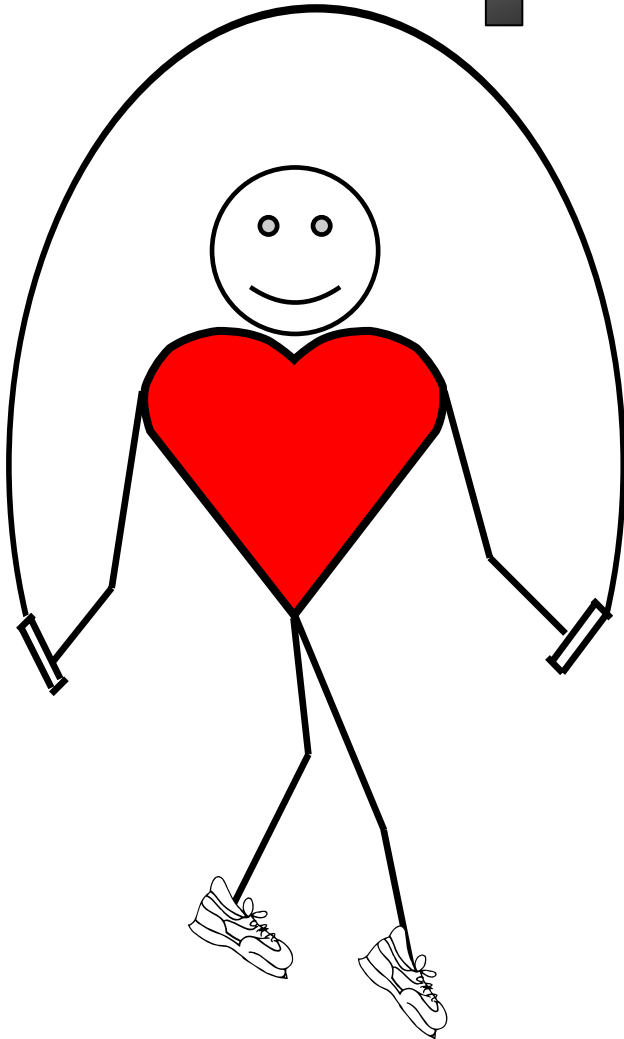
Heel Taps

- Tap the heel of one foot in front
- Tap the other heel in front



Toe Taps

- Tap the toe of one foot, keep in front
- Tap the other toe, keep in front



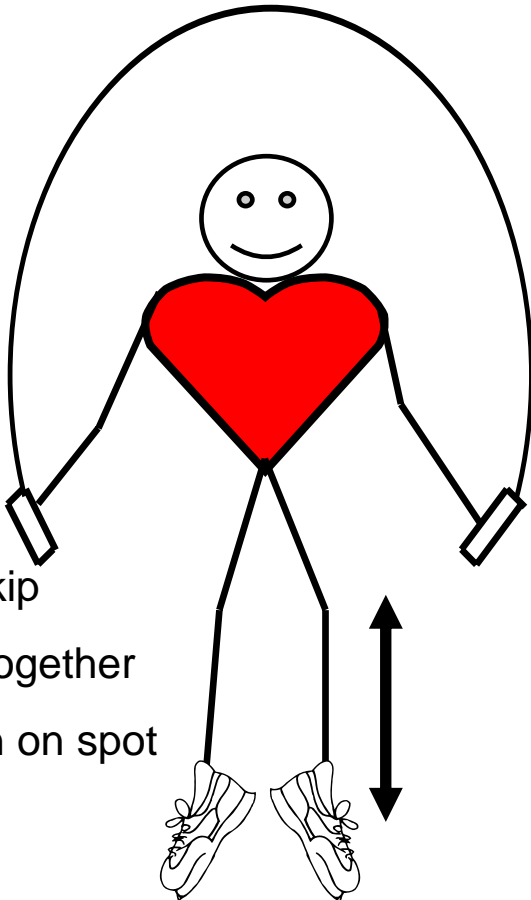
Skipping Challenge

How many skips
can you do in 30
seconds?

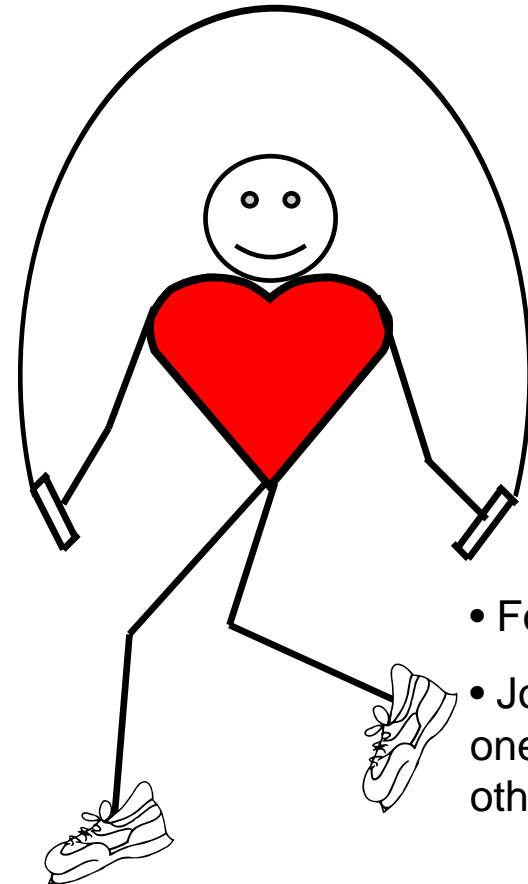
2 foot bounce

Jogging skip

OR



- Forward skip
- Both feet together
- Up & down on spot



- Forward skip
- Jogging action
one foot after the
other