

**JUMPING
JACKS**

JUMP

**FROG
JUMP**

**CRAB
WALK**

**DUCK
WALK**

TIP TOE

**BEAR
WALK**

GALLOP

**TANDEM
WALK**

SKIP

**BALANCE
ON ONE LEG**

**CROSS
CRAWLS**

**FROG
JUMP**

**JUMP
OVER LINE**

**HOP OVER
LINE**

**TANDEM
STANCE**

SUPERMAN

MEATBALL

PLANK

PUSH UP