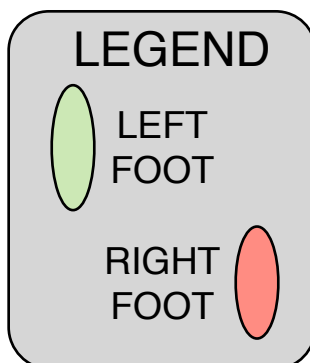
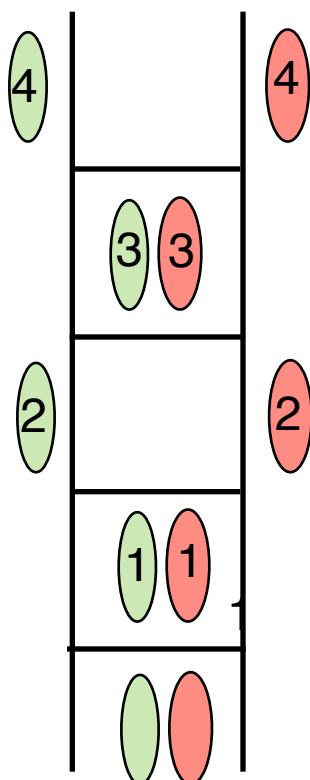
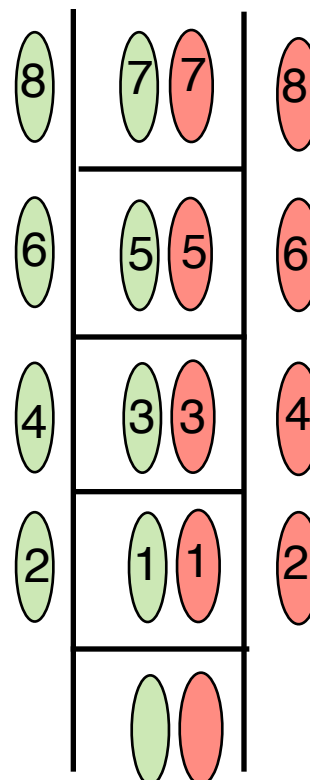




JUMPING JACKS

"ALTERNATE HOPS" (diagram at left)
> 2-Footed hop into first box, followed by two-footed hop outside the next box

"IN & OUT" (diagram at right)
> 2-footed hops into and out of each box



HOPING

"BUNNY HOPS" (diagram at left)

> Jump into each box. Feet should be slightly narrower than hip width. Players should jump off of and land on the balls and toes of the feet, with both feet jumping and landing together.

"SINGLE-LEG HOPS"

(diagrams at right)

> Start with both, slightly narrower than hip width.

> 1st Jump: Balance on the left foot and then proceed to hop off of and then landing with the left foot.

> 2nd Jump: with the right foot.

