

Hopping

Hop around the circuit:

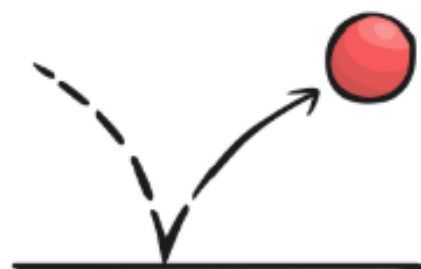
- How many laps can you do?
- How many hops can you do before you need to swap legs?



Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



How many times can you bounce a ball?



Throw and catch a ball with a friend.