**INVISIBLE JUMP ROPE**

Jump your invisible jump rope.

Can you do invisible jump rope tricks?

If you have a real jump rope,

you can jump that too!

**LOCOMOTOR MOVEMENT**

**Jog** to the next  
Loopy Lap Station.

**JUMPING JACKS**

Jumps Jacks are good for your heart.

Focus on safety and good form.

Can you create your own style of Jumping Jack?

**LOCOMOTOR MOVEMENT**

**Side Slide** to the next  
Loopy Lap Station.

**PLANK SHOULDER TAPS**

Hold plank position (push-up position).

Tap your left shoulder with your right hand, then tap your right shoulder with your left hand. Keep taking turns until it’s time to rotate.

**LOCOMOTOR MOVEMENT**

**Gallop** to the next  
Loopy Lap Station.

**INVISIBLE HULA HOOPS**

Spin your invisible hula hoop.

Can you do invisible hula hoop tricks?

If you have a real hula hoop –

you can use that too!

**LOCOMOTOR MOVEMENT**

**Skip** to the next  
Loopy Lap Station.