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.