

Loopy Laps **Menu Activity Cards**

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.



Loopy Laps **Menu Activity Cards**

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.

Loopy Laps **Menu Activity Cards**

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.

Loopy Laps **Menu Activity Cards**

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.