

BEAR CRAWL

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



Crab Walk

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m

Crab Walk



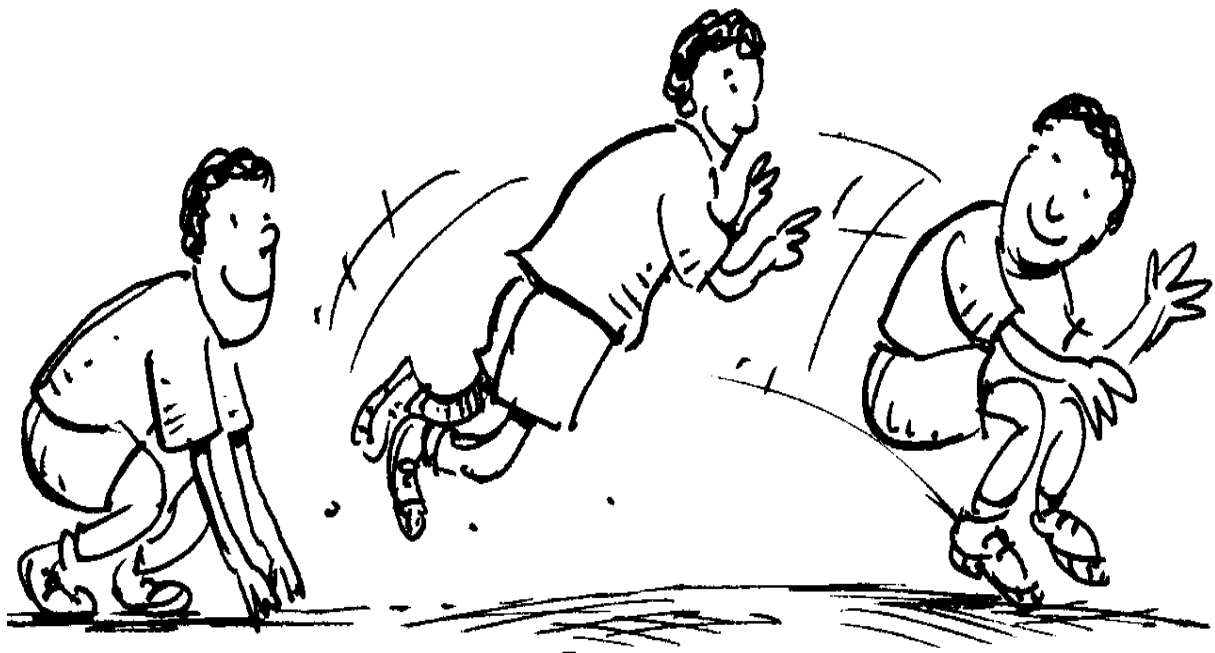
1



2

Frog Leap

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



Duck Walk

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



Superman's

Level 1	Level 2	Level 3	Level 4
2	4	6	8

PRONE EXTENSION



High Knee Skipping

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



1-leg Hop

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



Straight arm prone with cone tap

Level 1	Level 2	Level 3	Level 4
2	4	6	8



Monkey Hang

Level 1	Level 2	Level 3	Level 4
2 sec	4 sec	6 sec	8 sec



Balance Beam Walking

Level 1	Level 2	Level 3	Level 4
2m	4m	6m	8m



Hula Hooping

Level 1	Level 2	Level 3	Level 4
10 sec	20 sec	30 sec	40 sec



1- Foot Balance

Level 1	Level 2	Level 3	Level 4
2 sec	4 sec	6 sec	8 sec



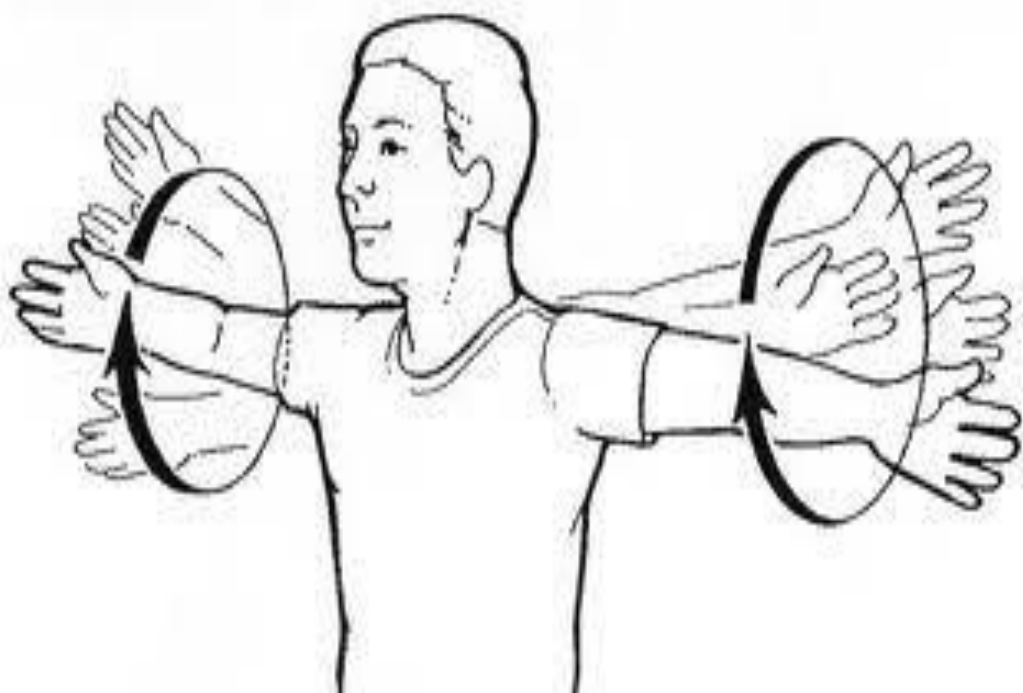
Star Jumps

Level 1	Level 2	Level 3	Level 4
2	4	6	8



Arm Windmills

Level 1	Level 2	Level 3	Level 4
2	4	6	8



The Cross Crawl

Level 1	Level 2	Level 3	Level 4
2	4	6	8



Downward Dog

Level 1	Level 2	Level 3	Level 4
2	4	6	8

