

Today's
Movement
focus:

Jog



Skip



Slide



Gallop



"GALLOP"

- ✓ STEP FORWARD WITH 1 LEG
- ✓ BRING YOUR BACK FOOT UP TO YOUR FRONT FOOT
- ✓ CONTINUE THAT MOTION AS YOU MOVE

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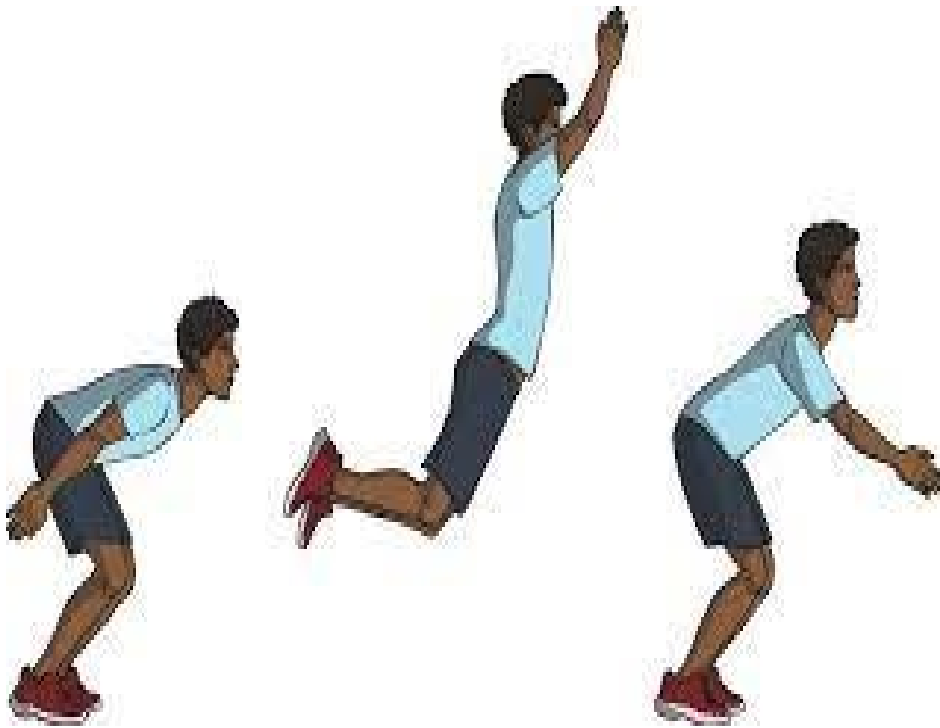
Locomotor *Labyrinth Cards*

Hop



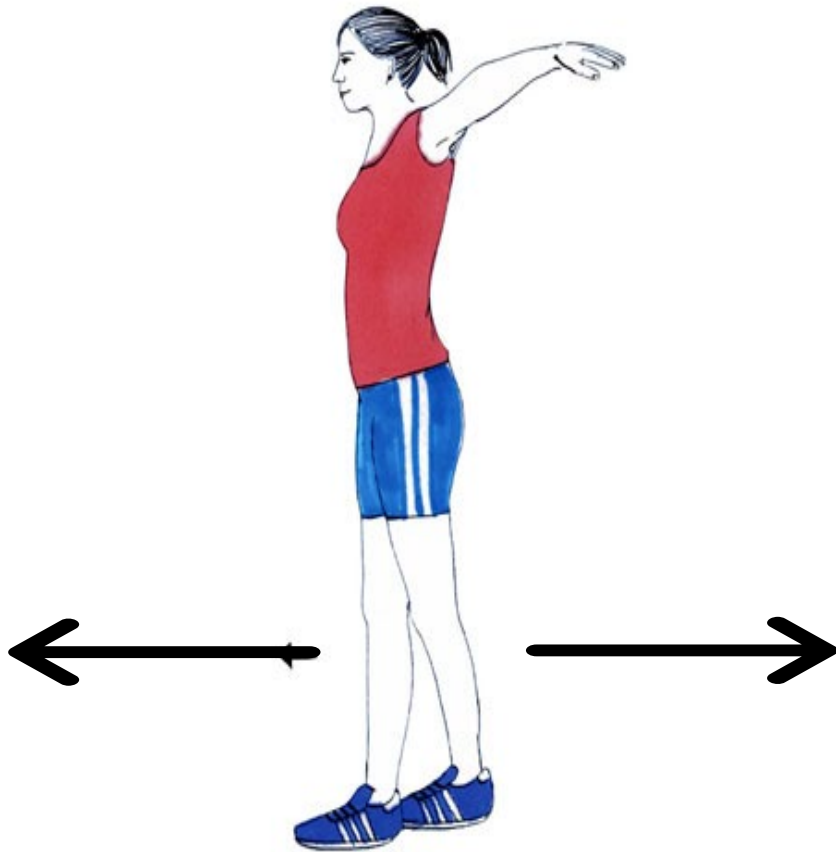
One foot!!

Jump



Two feet!!

Toe Heel Walking



Two feet!!