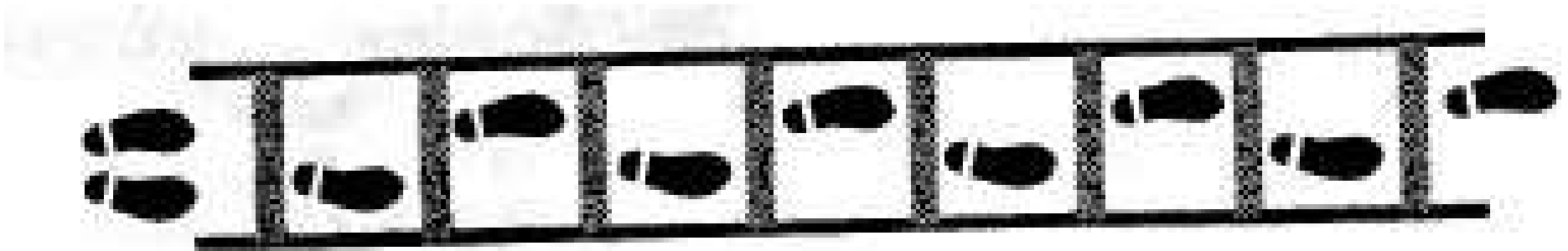
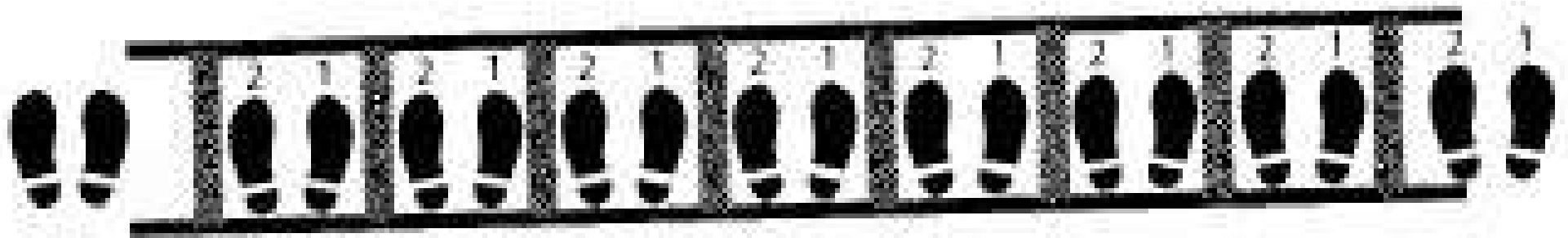


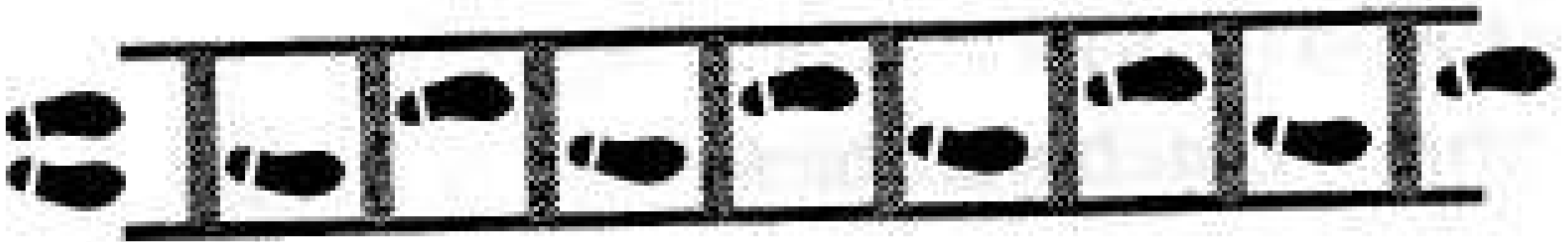
Run: One Foot in Each Square.



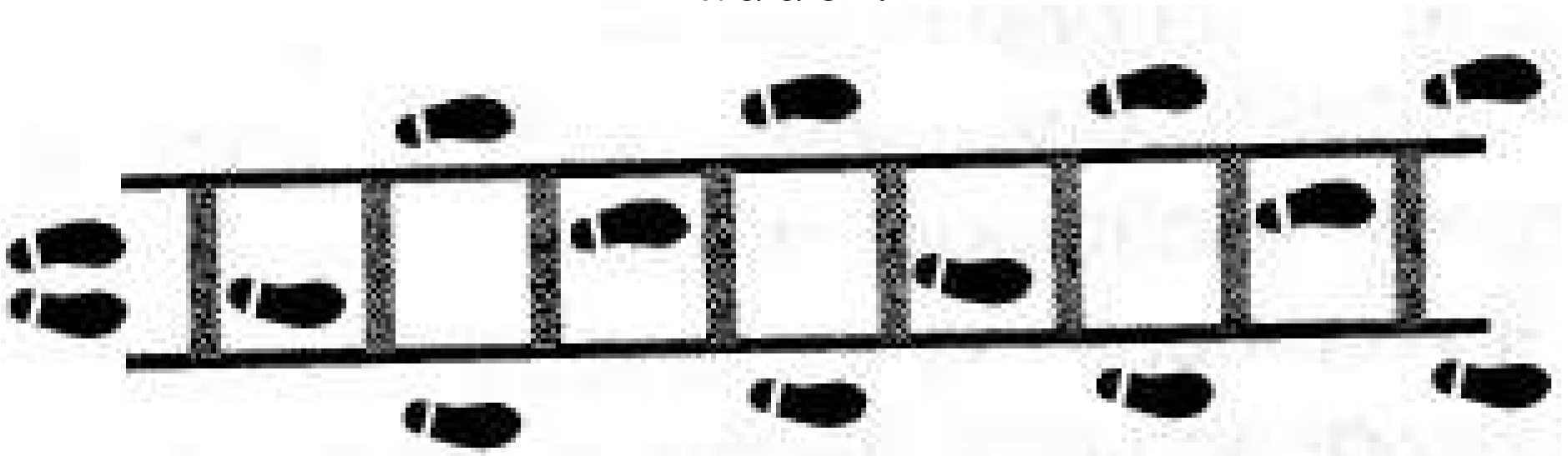
Slide: Facing sideways move leading foot into a space, the second foot follows into the same space, then move leading foot into the next space. Change lead foot on the way back.



Skip: One foot in each square.



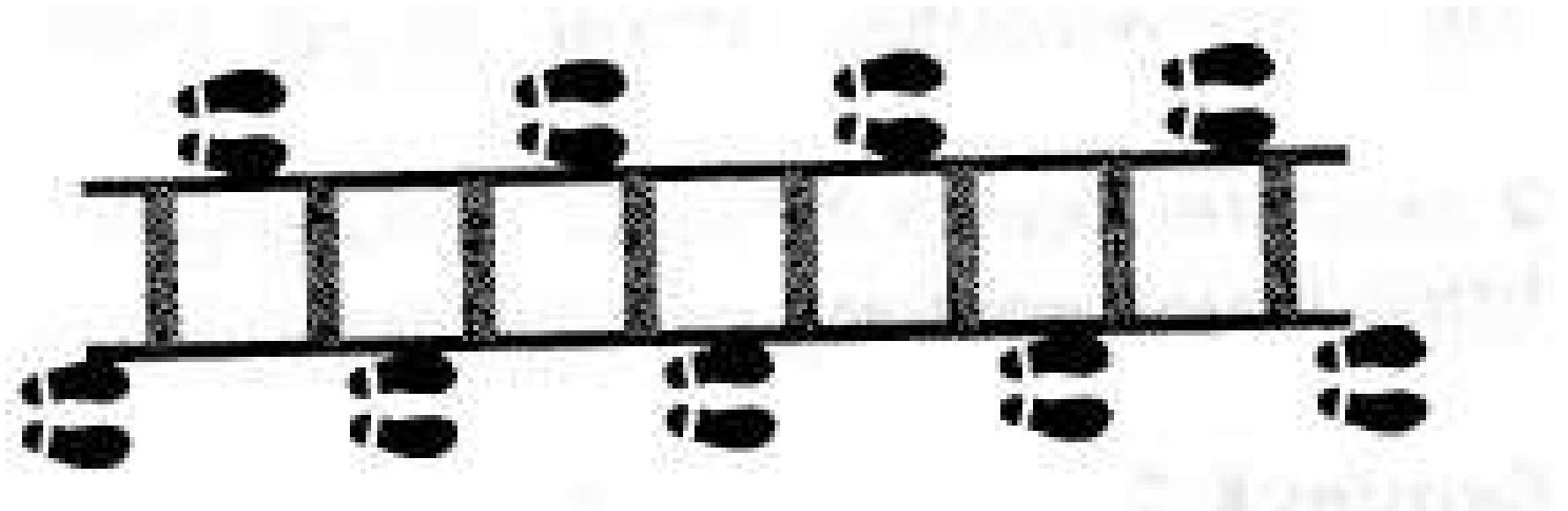
Hopscotch: Hop on one foot into the first ladder space; in the next ladder space land on two feet spread apart (straddle); hop on one foot in the next space. Repeat this hop/jump pattern until you complete the ladder.



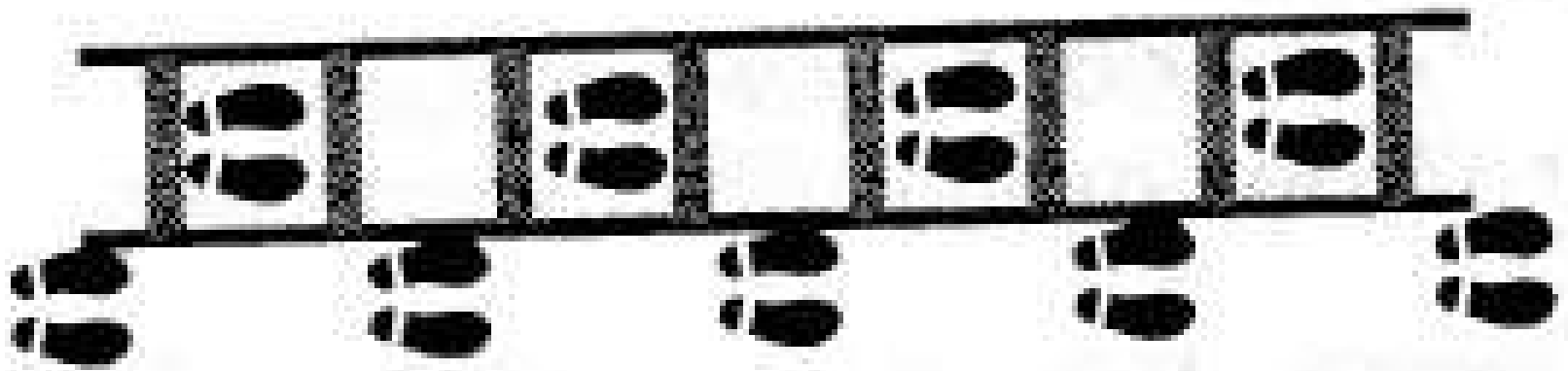
Grapevine: Step, cross front, step, cross back.



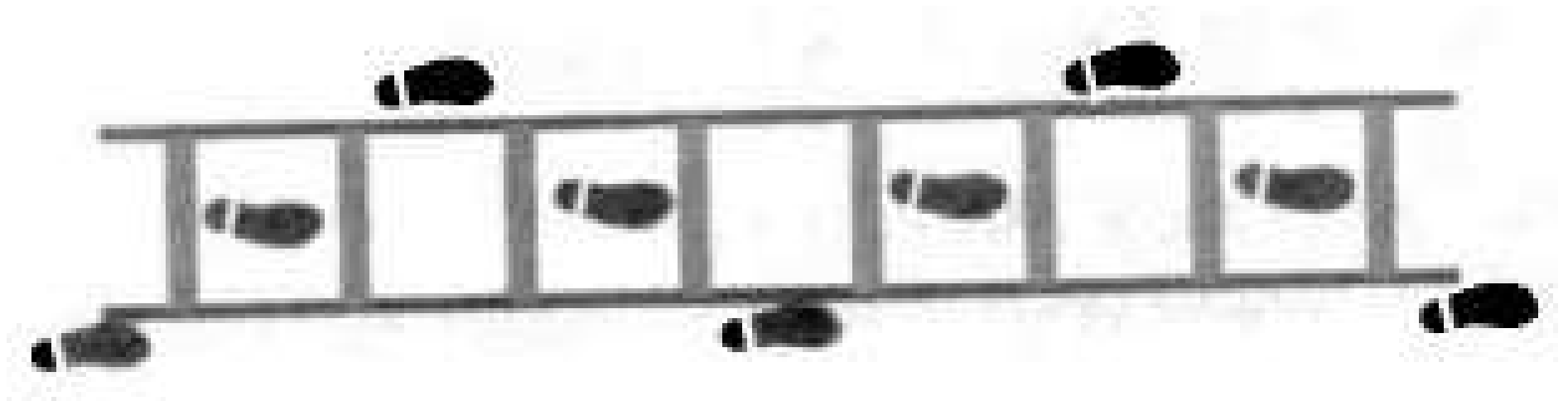
Ski Jumps: Jump from one side to the other, moving forward.



Super Steps: Start at one side, moving forward; jump in, jump out jump in jump out... traveling forward.



Start on Side of Ladder: Step in, step out; step in, step out, step in... continue the ladder length (Zig-Zag).



Stutter Step Moving Forward: Step in,
step in, next rung...step in, step in; continue.
Use other foot to lead coming back.

