

1.

jump



Take off from both feet and land on both.

2.

hop



Take off from one foot and land on the same foot.

3.

knee lift



Lift knee and touch to opposite elbow.

4.

stride



Jump with one foot in front of the other.

Jump again and switch feet.

5.

punch



Extend arm out with your fist, then bring back in.

6.

straddle



Jump with feet apart (wide), then bring them back together.

7.

kick



Extend your leg out, then bring it back in.

You can kick in any direction, in front, behind, or side to side.

8.

lunge



Step out and bend front knee no more than 90 degrees and extend opposite leg behind you with both feet pointing forward.

9.

march



Lift one knee to a 90 degree angle, then the other. Alternate.

10.

mountain climber



Place your hands on the floor, shoulder-width apart. Place one leg in front, bent beneath you, and extend the other behind you. switch legs.