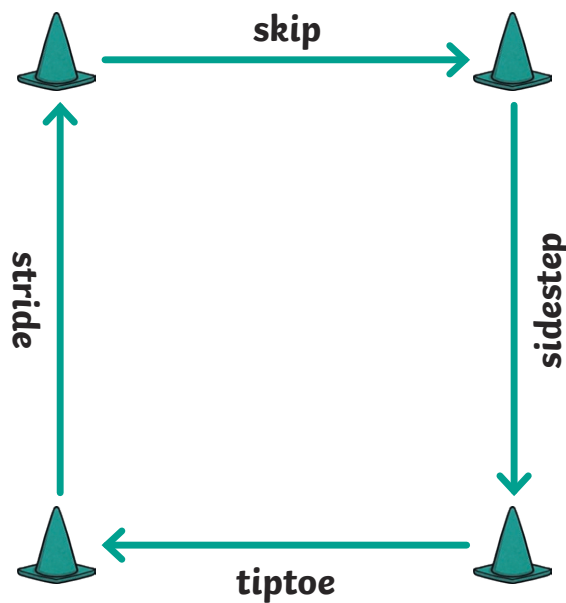


Stepping Squares

At this exercise in the circuit, you will have four cones set out in a square. Each cone is a corner of the square.



Start at one of the corner cones and skip to the next corner cone.

Sidestep to the next corner cone.

Tiptoe to the next corner cone.

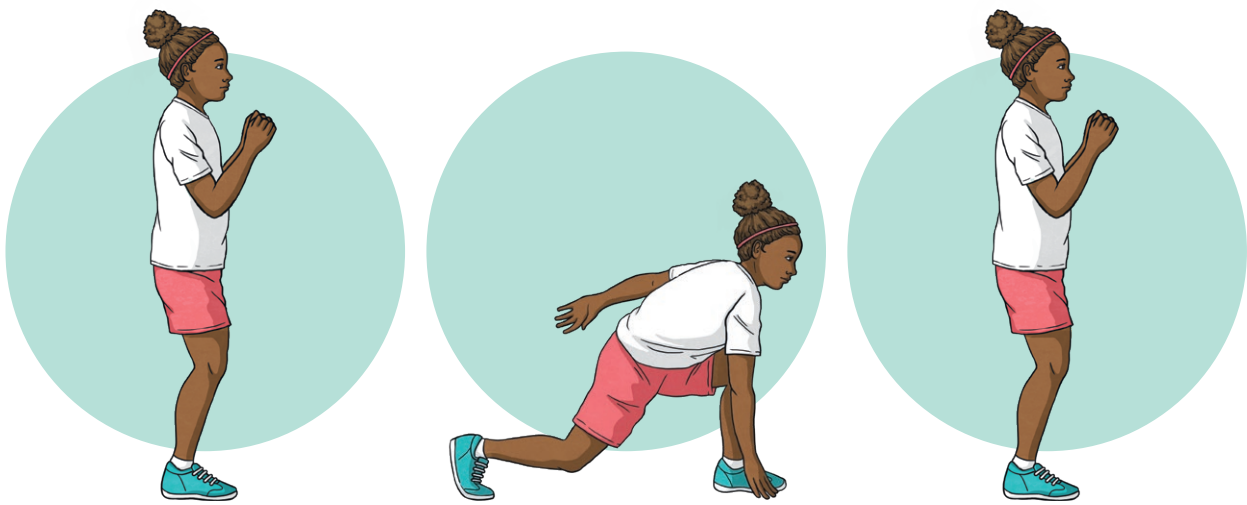
Stride to the last corner cone.

That is one complete circuit of the stepping square.

Lunges

In this exercise, you will be travelling using a lunging technique.

You will travel between two cones, lunging forward and alternating each leg. You will then turn and travel back to the first cone, again lunging forward and alternating each leg.



How to lunge:

Start with your feet together.

Step forwards with one leg.

Touch the ground with your hand.

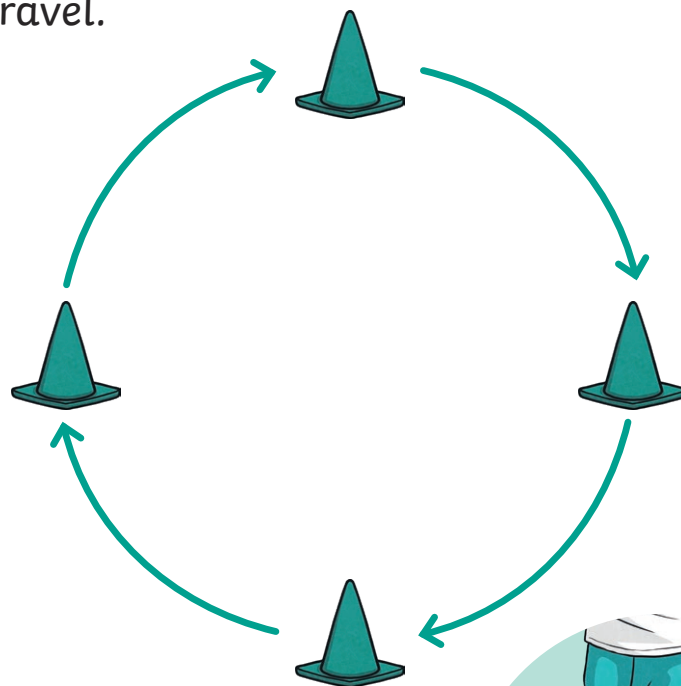
Stand up straight, bringing your leg back in.



Hopscotch

For this exercise in the circuit, you will travel using hopping and jumping.

You will have four cones laid out. Imagine that these are four points on a circle. You will hopscotch between them following a circular line of travel.



Hopscotch:

Start with your feet together.

Hop forwards to land on one foot.

Jump forwards to land on two feet.

Hop forwards to land on the other foot.

Jump forwards to land on two feet.

