## MULTI-SKILL CLUB

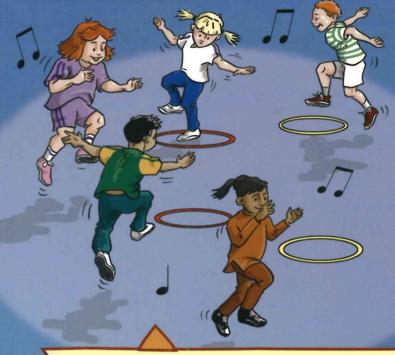
## ANIMAL WALKS



CATTERPILLAR

RAVERIT





MUSICALHOOPS

Keep moving until the music stops then jump into a hoop and FREEZE.

REAR

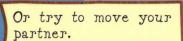
SQUARE DANGE



Hop around the square on one leg, two legs, forwards, backwards.
When whistle sounds FREEZE.

Hands can be moved when feet are in the same space.







## HIPPOBUMPAPUSH



Hop and try to force partner onto two feet using a ball.



Walk with a partner.

Two forward, one back.

Try different combinations.

SQUAT JUMP

Squat on one leg and jump landing on the other leg.

