

Jolly Jumping Jacks

Needs: Space

Targets:

- Cardio

Procedures:

- Basic jumping jack – repeat 3 times
- Freeze jumping jack wide and add two bounces with feet wide then two bounces with feet in – repeat 5 times
- Squat jump – jump feet wide into a squat – repeat 4 times
- Crisscross jack – feet jump wide, when they come in the cross in the middle – repeat 5 times
- Jack Sequence
 - Two of each kind
 - Basic jack
 - Squat jack
 - Double bounce jack
 - Crisscross jack
 - Repeat sequence twice
- Mix up the order of Jacks
 - Basic
 - Crisscross
 - Squat
 - Double up
- Take a deep breath in and exhale

Problem Solving:

- Students not doing a complete jumping jack will not get the full benefits
- Students trying to go too fast and not following along with the different styles of