Level 1
2

Level 2 $\$$

Level 3 6

# JUMP GOWE A 

WUGGLEMOGGL居

Three jumps and walk back = one.


## Count each time your knee touches your elbow.



Level 1


Level 2


## Level 3



Count each time you touch the ground.


Level 1
18

Level 2


Level 3
82

## SHOTrLE BUS

## Count each time you touch the line.



Level 1


Level 2
82
Level 3
38

## 0

Count each time your foot hits the ground.


Level 1
78

Level 2


Level 3
123

## IN AND OUT

Level 1
30

Level 2
40

Level 3
50

Keep your arms sideways and on the ground. Count each time your knees touch the ground.


Level 1


Level 2
18
Level 3


