• Start with feet on A and B.
• Jump to C with both feet
• Jump and split feet to D and E.
• Come back the same way jumping backward.
• Repeat 5 more times.
• Start with feet on A and B.
• Go to C with your RIGHT foot.
• Now go in order:
  D – E – C – A - B.
• Repeat 5 more times.
LEFT FOOT

• Start with feet on A and B.
• Go to C with your LEFT foot.
• Now go in order: D – E – C – A - B.
• Repeat 5 more times.
• Start with feet on A and B.
• Go to C with BOTH feet.
• Now go in order with BOTH feet:
  D – E – C – A - B.
• Repeat 5 more times.
TURN AROUND (Hopscotch)

• Start with feet on A and B
• Jump to C with both feet
• Jump and split feet to D and E.
• Jump and do a 180° spin.
• Jump to C with both feet and then A and B with feet split.
• Jump and do a 180° spin.
• Repeat 5 more times.