

HALLWAY CHALLENGES



GYMNASTICS

EQUIPMENT >>>

- ✓ 1 skipping rope per participant

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ At your signal, participants complete the following activities with their skipping rope:
 - Skipping
 - Galloping
 - Frog jumping
 - Forward, backward, or sideways kicks
 - Forward or backward squat jumps (go into a deep squat and then jump up high)

- Forward or backward crab-walking (sit and put hands flat on the floor/ground, bend knees, keep feet flat on the floor, and lift up bottom)
- Variety of jumps and leaps ($\frac{1}{2}$, $\frac{1}{4}$, full)
- ✓ The activities can be used for transition, part of a warm-up, or a cool-down.