



JUMP TO THE SKY

"Let's do 4 small jumps, listen to the instructions
Ready 4 3 2 1"

Jump to the front 1 2 3 4

Jump to the side 1 2 3 4

Jump up high 1 2 3 4

Jump to the sky 1 2 3 4

"Let's do small squats 4 3 2 1"

"Crouch down and jump like a frog 4 3 2 1"

Flipperty flop, flipperty flop
Flipperty flop, I'm a bullfrog
Flipperty flop, flipperty flop
Flipperty flop, I'm a bullfrog