

ASAP
4 CORNERS
TASK CARD

1. Walk
2. Gallop
3. Side-Slide (facing inside area)
4. Crab Walk



ASAP
4 CORNERS
TASK CARD

1. Jog
2. Power Walk
3. Skip
4. Grapevine



ASAP
4 CORNERS
TASK CARD

1. Tip-Toe Walk
2. Gallop (change lead foot each time)
3. March
4. Hop



ASAP
4 CORNERS
TASK CARD

1. Heel Walk
2. Invisible Jump Rope
3. Side-Slide (facing outside area)
4. Run

