

**ACTIVITY
CARD**

3

Clipboard Energizer Activity

Aerobic Activities – Rope Skipping

**Jump Rope –
Boxer's Shuffle**

OBJECTIVE

Use as a workout routine to increase cardiorespiratory endurance, agility, and coordination

- Jump on both feet.
- Put most weight on right foot and lightly brush the left across the floor.
- Put most weight on left foot and lightly brush the right across the floor.
- Alternate this pattern.

