



Gymnastica Locomotor Card Game - What you need: 1 set of cards and a safe area to play

Jump = keep feet together

Hop = use one foot

Leap = one foot to one foot

Skip = hop step hop right, hop step left Gallop = One foot remains in front while the other slides to meet

Simply shuffle the cards and draw one by one completing the action



Card	Action
2	Walk
3	Skip
4	Jump
5	Gallop
6	Hop
7	Slide
8	Leap
9	Tiptoe
10	Your choice of moving
Jack	Same pattern low intensity
Queen	Same pattern medium intensity
King	Same pattern high intensity
Ace	Same pattern any intensity
Clubs	Same pattern forward
Hearts	Same pattern backwards
Diamonds	Same pattern sideways
Spades	Same pattern on the spot

