

# Movin & Groovin with Erin



**FROG JUMP**

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
*Greater Akron*



# Beginner Frog Jump



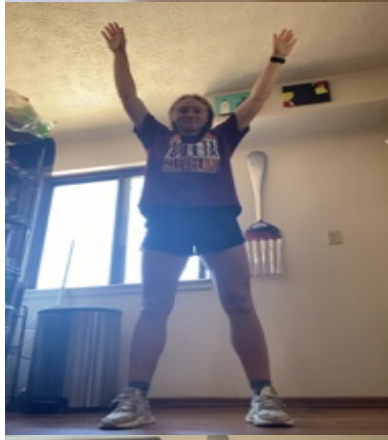
Squat down as low as you can, lift your heels, and put both hands in front of you on the ground for balance. On the count of 3, begin to stand up. Stand straight up and put both hands in the air. Then squat back down to the starting position. Repeat movement 5 times.



Starting  
Position



Almost standing  
up straight



Raise both arms  
into the air



Return to starting  
position



# Intermediate Frog Jump



Squat down as low as you can, lift your heels, and put both hands in front of you on the ground for balance. On the count of 3, begin to stand up. Once you are almost standing up straight, lift both feet and jump into the air. After you land, squat back down into the original starting position. Repeat movement 5 times.



Starting position



Almost standing up straight



Jumping into the air



Return to starting position



# Advanced Fog Jump



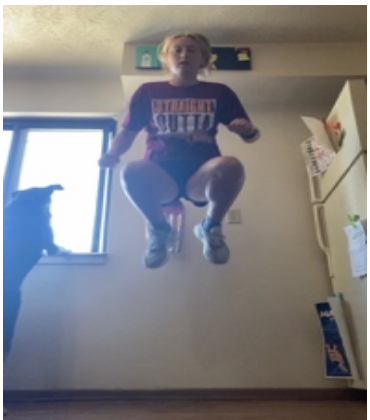
Squat down as low as you can, lift your heels, and put both hands in front of you on the ground for balance. On the count of 3, begin to stand up. Once you are almost standing up straight, lift both feet and jump into the air and tuck your knees to your chest. After you land, squat back down into the original starting position. Repeat movement 5 times.



Starting position



Almost standing up straight



Jump up and tuck knees close to body



Return to starting position