

HOW TO USE THE POWER JUMP REMIX PRINTABLE

Use this printable to preteach all the moves in the Power Jump Remix Brain Break Video. You can watch the video here https://youtu.be/U_JFQPINC3o?si=A1DqpPDKmJFM1XVA or use the QR code.



The following actions are in the song and each action is done three times:

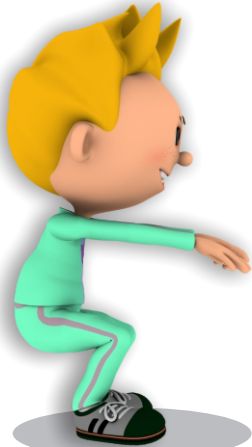
Squat down low
Jump up
Run in place
Jump feet out and in
Hop on right foot
Hop on left foot
Jump side to side
Jump front to back

The sequence is done twice in the song.

The clip art is from <http://www.awaywiththepixels.com>

POWER JUMP REMIX

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SQUATS



JUMP UP



RUN IN PLACE



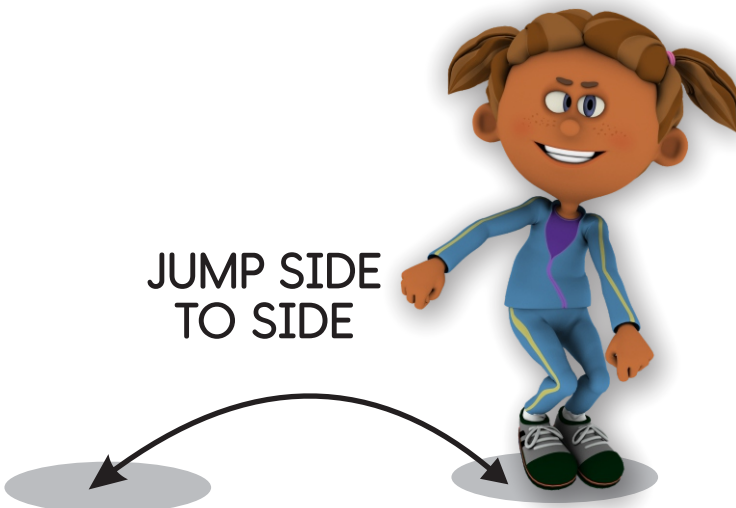
JUMP IN AND OUT



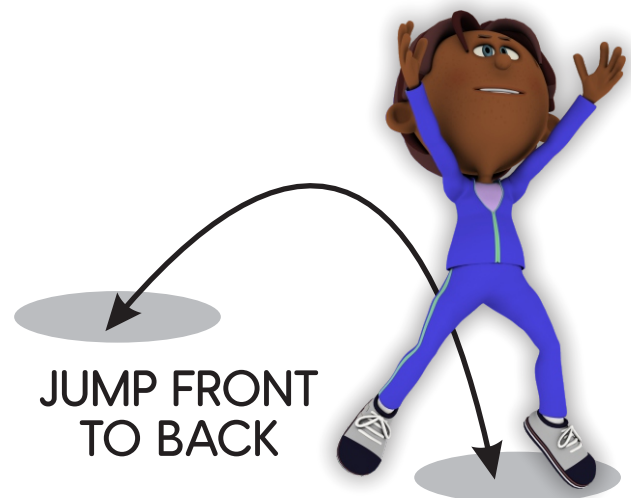
HOP ON
RIGHT FOOT



HOP ON
LEFT FOOT



JUMP SIDE
TO SIDE



JUMP FRONT
TO BACK