

Name of exercise	2 - 2 Foot pattern
Description of exercise	<p>Start with both feet on the floor</p> <p>Then jump and land on two feet</p> <p>Then jump and land on two feet again</p> <p>Then jump and land onto the left foot</p> <p>Then jump and land on two feet</p> <p>Then jump and land on the right foot</p> <p>Then hop on the right foot</p> <p>Then step onto your left foot</p> <p>And finally jump onto two feet</p> <p>The sequence is; two-two-left-two-right-right-left-two</p>
Key themes that this exercise can support	Balance, coordination, sequencing, rhythm and timing
Emphasised at	Second and Third Levels
Appropriate for	First – Fourth levels