

Appendix H

Sample “Captain, May I?” direction cards

Take 1 baby step.	Take 2 bunny hops.	Take 3 baby steps back.
Take 2 baby steps.	Take 3 bunny hops.	Take 1 frog jump.
Take 3 baby steps.	Take 1 sliding step.	Take 2 frog jumps.
Take 1 regular step.	Take 2 sliding steps.	Take 3 frog jumps.
Take 2 regular steps.	Take 3 sliding steps.	Take 1 hop on 1 foot.
Take 3 regular steps.	Take 1 marching step.	Take 2 hops on 1 foot.
Take 1 giant step.	Take 2 marching steps.	Take 3 hops on 1 foot.
Take 2 giant steps.	Take 3 marching steps.	Take 1 bunny hop.
Take 3 giant steps.	Take 1 baby step back.	Take 2 baby steps back.