













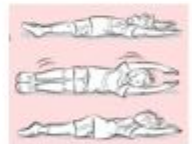




GYMNASTICS ACTIVITIES

Choose 5 activities and perform them for 30 seconds each

<p>Tuck Shape</p>  <p>Tuck Sit Support</p>	<p>Table Shape</p> 	<p>Front Support/ Plank Shape</p> 	<p>Pike Shape</p>  <p>pike</p>	<p>Rock 'n' Roll</p> 
<p>V-Sit Shape</p> 	<p>Table top balance</p> 	<p>Side Plank</p> 	<p>Arabesque Shape</p> 	<p>One leg balance</p> 
<p>Back Support</p> 	<p>Bear Walks</p> 	<p>Crab Walks</p> 	<p>Bunny Hops</p> 	<p>Log roll</p> 
<p>Frog Jumps</p> 	<p>Kangaroo Jumps</p> 	<p>Challenge: Perform 3 different gymnastic shapes one after the other</p>	<p>Challenge: Perform the Rock 'n' Roll and try and stand up</p>	<p>Challenge: Perform a 'Front Support' and change into 'Back Support'</p>