

MAKE YOUR OWN GYMNASTICS ROUTINE

IT'S TIME TO GET CREATIVE AND MAKE YOUR OWN GYMNASTICS ROUTINE!



WHAT YOU WILL NEED...

1. CLEAR SPACE
2. DICE X 2

HOW IT WORKS ...

STEP 1. ROLL BOTH DICE

STEP 2. LIST THE NUMBER ROLLED AND ACTION THAT MATCHES THE NUMBER IN THE SPACE PROVIDED >>>

STEP 3. PUT THE MOVES TOGETHER AND COMPLETE YOUR ROUTINE

MOVEMENTS

	2. LEAP	3. SPIN	4. JUMP
5. MOVE LOW	6. TURN	7. STRETCH WIDE	8. MOVE HIGH
9. STRIKE A POSE	10. STRETCH HIGH	11. BALANCE LOW	12. BALANCE HIGH

ADDITIONAL IDEAS:

- TRY YOUR ROUTINE WITH HAND APPARATUS: BALL, HOOP OR A RIBBON
- TRY YOUR ROUTINE WITH A PARTNER