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

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<tbody>
<tr>
<td>5. Move Low</td>
<td>6. Turn</td>
<td>7. Stretch wide</td>
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<td>12. Balance High</td>
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Additional Ideas:

- Try your routine with hand apparatus: ball, hoop or a ribbon
- Try your routine with a partner