



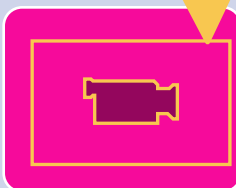
Watch the Videos - Perform the skills

Watch the videos and have a go at these skills. Some of the skills are easier than others. Remember to warm up and perform in a safe space. Have Fun !

Challenge

1

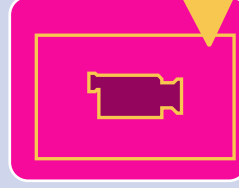
SHAPES
ROUTINE



Challenge

2

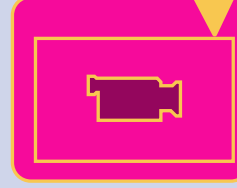
FLEXIBILITY
ROUTINE



Challenge

3

JUMP AND
LEAP



Challenge

4

TUMBLING



**VIRTUAL
SCHOOL
GAMES**

