**KENNYLANDS GYMNASTICS BINGO!**

Complete the task to cover the square! Let us know how you get on. Send us some pics on Instagram or Facebook & tag #kennylandsbingo

Good luck & be safe!!

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| Put on some music and make up a floor routine | Show off your best bridge | Try right leg, left leg & box splits | Practice your cartwheels |
| Draw or colour in a gymnastics picture | Do 30 jumping jacks | What do you eat to make you strong? | Write down your favourite thing about gymnastics at Kennylands |
| How many sit ups can you do in a minute? | How fast can you run? Do 5 sprints up and down | Design your dream leotard  | Hold a handstand against a wall for 10 secs |
| Show your shapes – straight, tuck, star, straddle, pike, front support, back support, dish & arch | Hold a shoulder stand for 10 secs | Practice your best gymnastics ‘present/ salute’  | Practice your forward & backward rolls |