



GYMNASTICS BINGO

Cross off the skill once you have completed it. An adult must witness and sign off your sheet. All entries will be entered into a draw to win a ball of your choice. Send a photo of full house to the details below.

NAME: _____ SCHOOL: _____ AGE: _____

3 exercises to warm you up

Perform a tuck shape on the floor and in the air

Hold an asymmetrical balance for 5 secs

Can you jump 2 feet to 1 without wobbling

Do a jumping sequence with 3 different jumps

Travel on a body part that isnt your feet

Bunny hops for 30 secs

Balance on 2 different body parts & hold for 30 secs

Travel in a straight line, a curved line and a circle

Balance on 1 body part for 30 secs

Perform a star shape on the floor and in the air

Move from 1 body part balance slowly to another body part

Jump 2 feet to 2 feet but add in 1/4 or 1/2 turn & land perfectly

Perform a straight shape on the floor and in the air

Do 3 exercises that you can use to cool down

Tell someone which challenge was your favourite

I confirm this has been completed (please sign):

HAVE A GO AT A LINE AND THEN SEE IF YOU CAN GET A FULL HOUSE TO EARN A MEDAL

Tag us in on Twitter @Tamesidessp, send it to 07900274802 or email and attach your completed sheet to Emma.toone@gaa.org.uk with name, address, school attended and age and you will receive a medal through the post. Entries close 26th March 2021.