

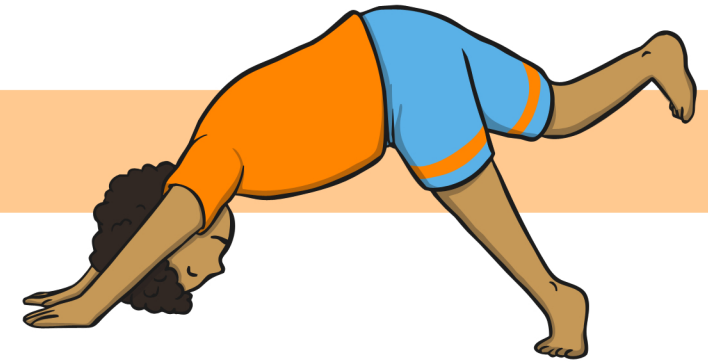
Gymnastic Challenge Cards



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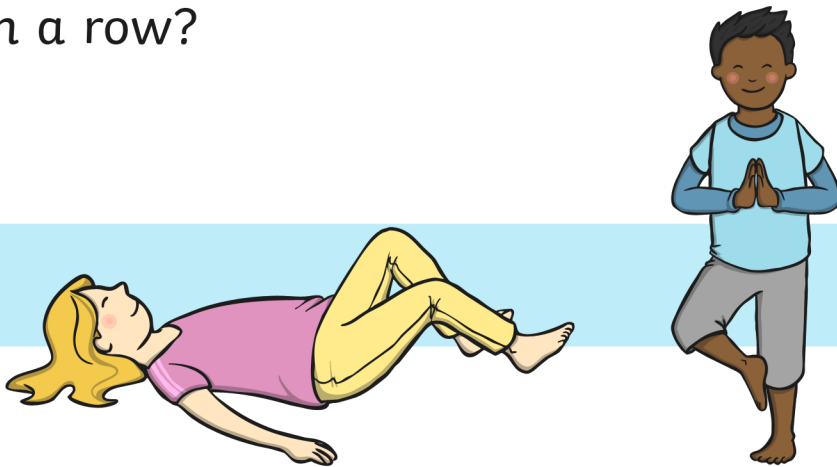
Can you hold your balance for more than 5 seconds?



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Gymnastic Challenge Cards

Can you complete 2 different balances in a row?



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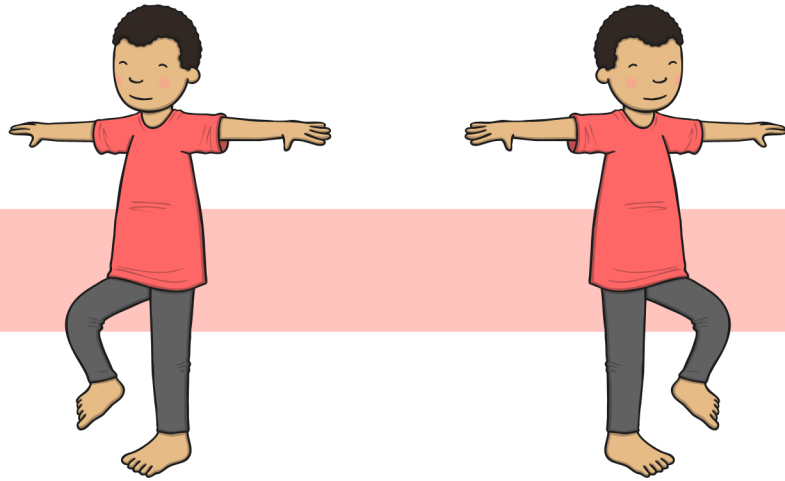
Gymnastic Challenge Cards

How high can you raise your leg if you are balancing on the other one?
Can you hold it still?



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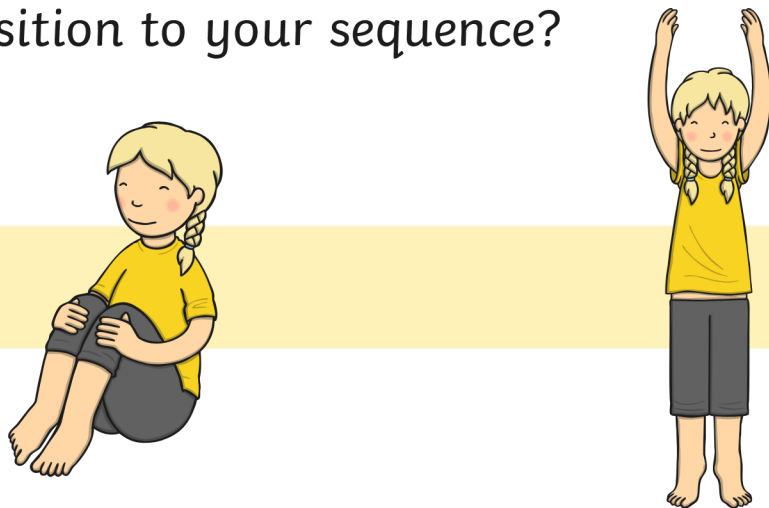
Can you balance on the other leg?



Can you balance on your tiptoes?



Can you add a starting and finishing position to your sequence?



Make sure your arms are held in a gymnastic position throughout your sequence.



Make sure your toes are pointed throughout your sequence.

