

POW! ACADEMY!

British
Gymnastics

AND

the **POWERPUFF**
GIRLS



WORK WITH YOUR FRIEND
TO TIME YOUR SKILLS PERFECTLY



TEDDY BEAR ROLL BACK TO BACK X 2



PERFORM 2 DIFFERENT LEG POSITIONS -
HOW CREATIVE CAN YOU GET?



SHOULDER STAND WITH HIPs SUPPORTED



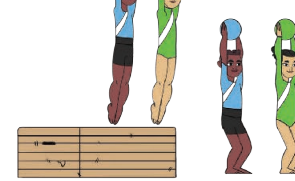
JAPANA



SQUAT ON

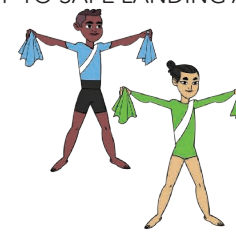
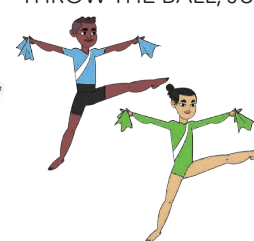


THROW THE BALL, JUMP TO SAFE LANDING AND CATCH THE BALL

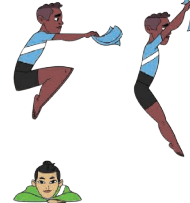


CAN YOU INTERACT WITH YOUR FRIEND
AND EXCHANGE BALLS AS YOU JUMP?

MATCH OR MIRROR YOUR
FRIEND AS YOU CARTWHEEL

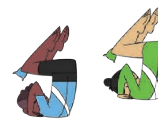


CARTWHEEL SIDE TO SIDE X 2 HOLDING SCARVES

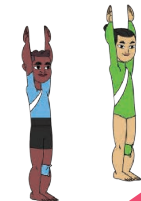


ALTERNATE YOUR FORWARD ROLLS TO
MAKE A CREATIVE FLOOR PATTERN

TAKE IT IN TURNS TO TUCK JUMP OVER YOUR FRIEND



FORWARD ROLL X 2 WITH THE BEANBAG BETWEEN YOUR KNEES



Not only are The Powerpuff Girls sisters but they are also best friends. So, they've challenged you to perform this sequence or create your own with a friend from your gymnastics family.