

POW! ACADEMY!

British Gymnastics AND **the POWERPUFF GIRLS**



COLLECT THE POSITIVE ENERGY FROM YOUR COACH



HALF LEVER WITH 1 FOOT RAISED

CAN YOU BE CREATIVE WITH YOUR LEG POSITIONS?

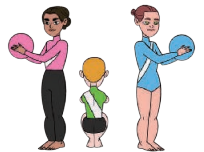


BRIDGE OR BACK SUPPORT

POSITIVE ENERGY IS MULTIPLIED - CATCH ANOTHER BALL FROM YOUR COACH



ROCK BACKWARDS AND FORWARDS



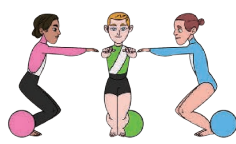
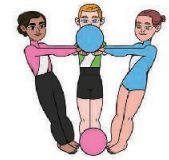
FORWARD ROLL ONE AFTER ANOTHER CATCHING THE BALL AFTER YOUR ROLL

ENSURE ALL YOUR TEAMMATES PERFORM THEIR ROLL AND THROW/CATCH A BALL

POSITIVE ENERGY IS MULTIPLIED - CATCH ANOTHER BALL FROM YOUR COACH



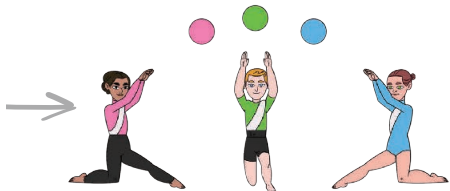
TEAM COUNTERBALANCE



ROLL YOUR BALL AND BACKWARD ROLL ALONGSIDE IT

MOVE INTO A DIFFERENT TEAM POSITION WITH YOUR ROLLS

MAKE SURE ALL TEAMMATES ARE IN CONTACT WITH THE POSITIVE ENERGY. BE CREATIVE WITH HOW YOU BALANCE THE BALLS



SINGLE KNEE BALANCE THROWING AND CATCHING 3 BALLS AMONG YOUR TEAMMATES



JUMP HALF TURN

PERFORM A DIFFERENT BALANCE AFTER EACH THROW/CATCH

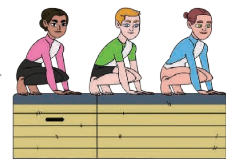


HEADSTAND

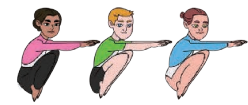
KEEP YOUR POSITIVE ENERGY ABOVE YOUR HEAD AS YOU JUMP

HOLD THE POSITIVE ENERGY BETWEEN YOUR FEET AS YOU PERFORM YOUR HEADSTAND

ROLL YOUR POSITIVE ENERGY BACK TO YOUR COACH READY TO BE SHARED BEFORE SQUATTING ON



SQUAT ON, TUCK JUMP OFF



Bubbles is always positive and she would love to see you find 2 teammates to share your positive energy with and perform this sequence or create your own using a piece of hand apparatus to represent the positive energy.

