

POW! ACADEMY!

British Gymnastics AND the **POWERPUFF GIRLS**



SQUEEZE THE BEANBAG BETWEEN YOUR KNEES!

TALL STRETCH BUNNY JUMP ROCK BACKWARDS AND FORWARDS X 2

MAKE YOUR ARM POSITIONS AS DYNAMIC AND FUN AS POSSIBLE!

BALANCE THE BEANBAG ON YOUR HEAD

HOW FAR AWAY CAN YOU MAKE THE TARGET?

TUCK SHAPE STRADDLE SHAPE PIKE SHAPE THROW THE BEANBAG INTO THE TARGET BACK SUPPORT FREESTYLE TO STAND

CAN YOU JUMP IN DIFFERENT SHAPES AND DIRECTIONS?

JUMP IN AND OUT OF THE HOOP

CAN YOU SWITCH HANDS WITH YOUR RIBBON?

WALK FORWARDS ALONG THE BENCH ON TIP TOES MAKING FUN SHAPES WITH THE RIBBON

CAN YOU MOVE THE SCARF INTO A DIFFERENT POSITION WITH EACH STEP?

CHANNEL YOUR INNER POWERPUFF GIRL!

WALK FORWARDS ALONG THE BENCH ON TIP TOES HOLDING THE SCARF IN A FUN POSITION

PERFORM YOUR FAVOURITE POWERPUFF GIRL POSE!



Have fun with Bubbles and perform this sequence with a super awesome smile!