Gymnastics Sequence 2

Create a gymnastics sequence that incorporates the following:

- A strong starting shape
- A strong finishing shape
- At least 2 different ways of travelling
- 2 jumps
- Balances:
  - 2 Individual (including 1 T Balance)
  - 2 Partner
  - 1 Group balance
Gymnastics
Partner and Group Shapes

Can you create any other partner shapes?

Images from PSSI lesson plans and Yoga Pretzel Cards