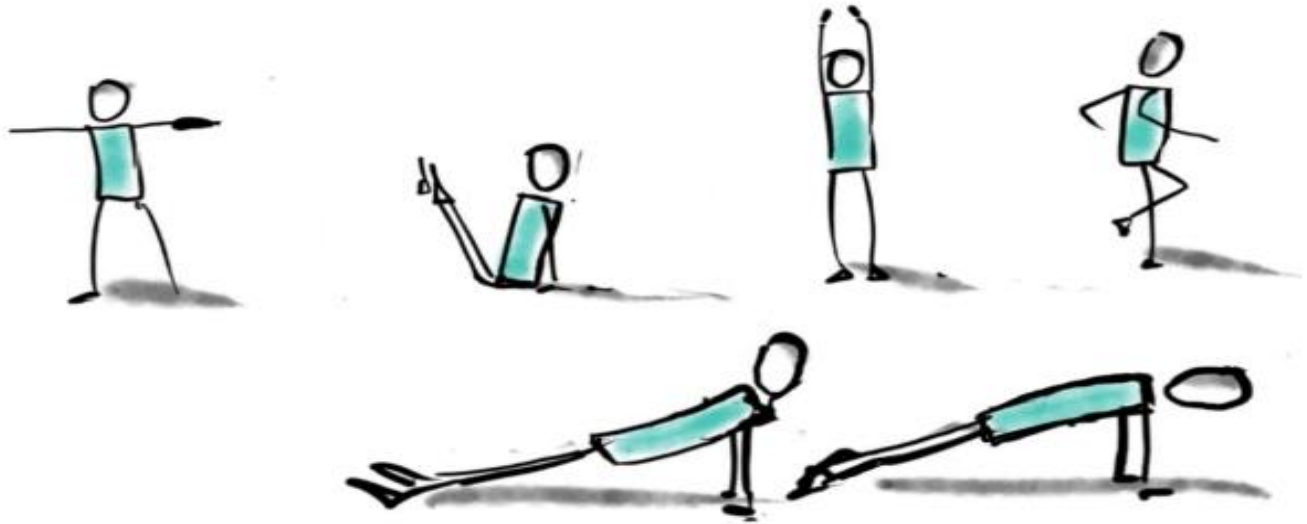


### how to set up:

- Create a safe space in your home by moving chairs and tables to the side.
- If downstairs floors are hard, perhaps perform this activity on the bedroom carpet.



### how to play:

- Working on your own, or in pairs, you now need to perfect your routine, linking together Key-Shapes, Balances, Jumps and Rolls.
- The sequence must include:
  - A start position
  - 4 shapes
  - 2 balances
  - 2 jumps
  - 1 roll
  - A finish position
- Why not create your routine to music?
- Can you use different levels in your sequence? – high, medium, and low.
- Ask someone to record your routine so you can send it to friends, family and your teacher. They will love it!