

Gymnastics: Tuck In, Tuck Out



How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

- If you do not have a bench or step complete the challenge in a raised position on the floor, or sat in a chair.
- Bring your legs up to your chest and then fully extend them out.
- If you find this tricky, try alternate legs or lift leg(s) up as high as you can.
- Alternative sitting movement, crunch forwards aiming to score a point every time your chest touches your knees.



is our strength! I try to achieve my best.

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