

Primary at home challenges

Gym challenge - Rocking

Do each challenge at least 5 times!

1. Can you rock backwards and forwards in a tuck shape?

2. Can you rock backwards and forwards in a pike shape?

3. Can you rock backwards and forwards in a straddle shape?

4. Can you rock backwards and forwards to stand without using your hands?

5. Can you think of another rocking challenge?

**Can you challenge
a family member?**

GOOD LUCK!

