

B	I	N	G	O
Try something new (with help)	10 split jumps on beam	Compliment a teammate	See if you can leap over 1 2 or 3 blocks	Get dressed up & take a pic
5 optional-landings on beam with stuck landings	Stick 5 vaults	Make up your own routine down the lane	5 back pull overs in a row on bars	Race a teammate down the vault runway
Stick 5 turns on beam	Write a thank-you note to your parent or coach about gymnastics	FREE	5 casts -squat on & jump to high bar	Do 15 split jumps on the tumble track
Do connected cartwheels all the way down the lane	Stick 5 handstands on the high beam	Do roundoffs down every lane	Do 10 sit-ups & 10 push-ups	Land 5 cartwheels on low & high beam
Do 10 beautiful front & backwalkovers	5 casts in a row on bars	Mountain climber-handstand-mountain climber	Write down why you love gymnastics	5 side handstands or 1/4 turn-landings stuck

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Compliment a teammate	Write down why you love gymnastics	Get dressed up & take a pic	5 casts in a row on bars	Race a teammate down the vault runway
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