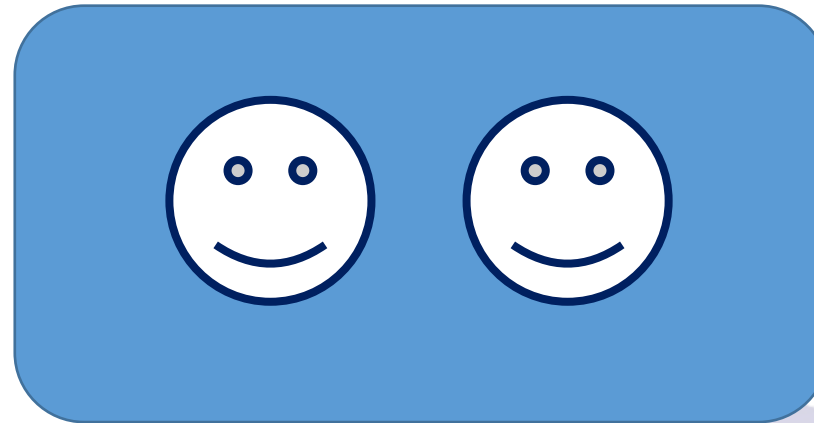


# One More Move - Gymnastics

## How to set up:

- ✓ Use a safe space to work in.



## How to Play:

- ✓ Play in pairs or small groups.
- ✓ The first player must perform a gymnastic move (balance, jump, key shape or roll).
- ✓ The next person must perform the first move, then add one of their own.
- ✓ Players must continue repeating the moves from the beginning and adding one on each time.