



ANGEL OF THE HOLY SPIRIT ACADEMY
GRADE SCHOOL DEPARTMENT
SCHOOL YEAR 2021-2022
THIRD QUARTER
Physical Education - 3

Topic: Individual and Dual Stunts

Identify the following stunts below. Write IS for individual stunt and DS for dual stunt.

1. Turk Stand
2. Rocking Chair
3. Wheel Barrow
4. Crab Walk
5. Row Boat
6. Ankle Hold Walk
7. Don't Let Go
8. Prone Rocking