

turning cartwheels

Little bunny is showing Audrey how to do a cartwheel. Can you try too?



how to do a cartwheel

1. Start with one leg slightly bent in front, and your back leg straight. Raise both arms above your head and tight to your ears.
2. Lean forward shifting your weight onto your front leg and lifting your back leg up. Keep your arms tight to your ears!
3. Continue leaning forward until your hands reach the ground.
4. Kick your back leg up and over your body, followed by your front leg.
5. Land the cartwheel with your back leg first, then the next.