



Backstage PAC

BINGO

Let's see who can complete the entire board!

Do 25 crunches!	Hold your left split for 60 seconds!	Practice your step hops around the house!	Practice your center split! (Remember, toes to the sky!)	Practice your recital routine 2 times a day!
Post a video or boomerang of you doing an Acro move!	Do 20 flaps on each side!	Do 5 pirouettes on the Right side!	Make up an 8 count of choreography and post it!	Do 10 burpees!
Teach someone all 5 ballet positions and take pictures!	Do 10 battements on the right and left.	FREE SPACE	Post your favorite dance move or pose!	Video yourself singing your recital song with a funny filter!
Do 15 push-ups!	Take a picture of you and your parent(s) stretching together!	Post a picture of you in your BPAC gear!	Teach your parent(s) a part of your recital routine!	Hold your right split for 60 seconds!
Do 5 pirouettes on the Left side!	Post a picture of you in a dance pose!	Take a video of you practicing your cramp rolls!	Teach someone how to do a Chasse Ball Change!	Plank for 1 minute!

Remember to tag us in all of your postings from this game!