

KEY STAGE 2

GYMNASTICS

WEDNESDAY

ACTIVITY



30mins



Develop a sequence

- Your task is to develop a sequence of gymnastics moves, that can be put into a flowing sequence, ie performed one after another.
- Your sequence should include 3 balances, start middle and end.
- 2 rolls, 2 jumps and 1 step, these can be anywhere within your sequence.
- Make sure you hold your body with control and tension when your doing your gymnastics routine
- Each time you perform your sequence, think about areas that you could improve and repeat until your happy it is the best you can do.

EQUIPMENT NEEDED

- ✓ Just a clear space



How can you demonstrate determination throughout this challenge?

MAKE IT EASIER...

Can you start with a routine of one Balance, one roll one jump and one step?

MORE OF A CHALLENGE

Can you make a more complex sequence?
Can you change the direction of the sequence, not just in a straight line

MAKE IT INCLUSIVE

Just make sure you do what parts of the sequence you can, change the number of each parts

LEAD OTHERS

Can you teach someone else in your house the sequence?