



PE Lesson:

## GYMNASTICS: SEQUENCE CHAMPIONS

Use a dice to create a movement sequence

- You are going to add 3 movements together
- Roll the dice 3 times to see which movements you will need to perform:

**Roll a 1** = A star jump

**Roll a 2** = A roll

**Roll a 3** = A turn

**Roll a 4** = A twist

**Roll a 5** = A tuck jump

**Roll a 6** = A balance



- Think of creative ways to link the movements
- Practice your sequence and then perform!

Can you  
keep practising  
to improve your  
sequence?

Can you  
perform your  
sequence and  
ask for  
feedback?

### Top Tips!

**Link your movements**  
When you finish your first movement try and move into the next movement smoothly without pausing.

### Lets Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?