

Sixth Grade Standard 1.11 Gymnastics Sequence

Name/s: _____ Date: _____

Classroom Teacher: _____

Directions:

Step 1: Decide if you want to perform your sequence with a partner or if you want to do it solo.

Step 2: Pick a combination of at least 2 traveling moves, 2 rotation moves and at least 2 balances that that you (and your partner) can perform the best. Circle the ones you want to include from the list below.

<u>Traveling Moves</u>	<u>Tumbling Moves</u>	<u>Balances</u>
Skip	Log or Pencil Roll	Tabletop
Hop	Tuck, Pike or Straddle Forward Roll	Scale
Jump	Tuck, Pike or Straddle Backward Roll	Tip Up
Gallop	Cartwheel	V Sit
Slide	One Arm Cartwheel	Candlestick
Leap	Round off	Frog Stand
Grapevine		Head stand
		Handstand

Step 3: Now, put your moves into a smooth flowing sequence that you (and your partner) can do. Write them in the order that you will be performing them. Practice your sequence until you can do it your very best. Good Luck!

The gymnastics sequence is:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____