

Introducing sequences

Repeat one movement



e.g. two log rolls several skips

4 Introduce apparatus



2 Link two or three movements from the same activity group

e.g. different balances . . .

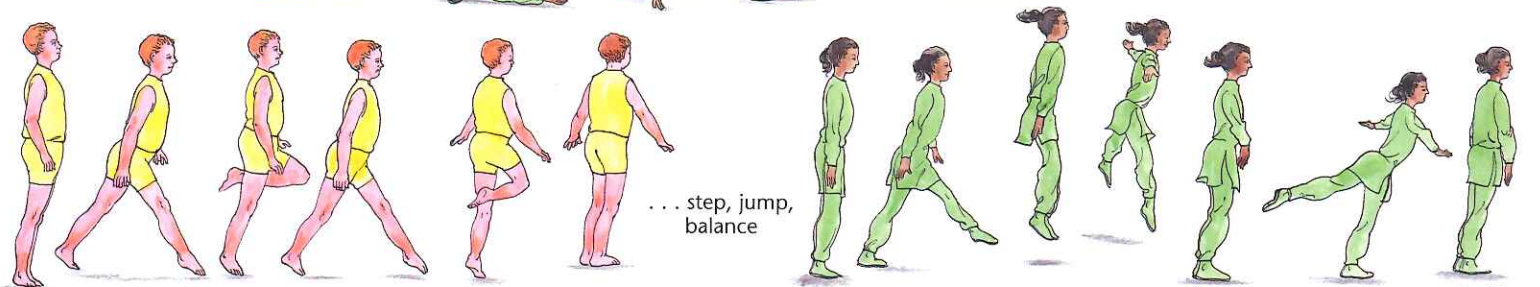


. . . different jumps

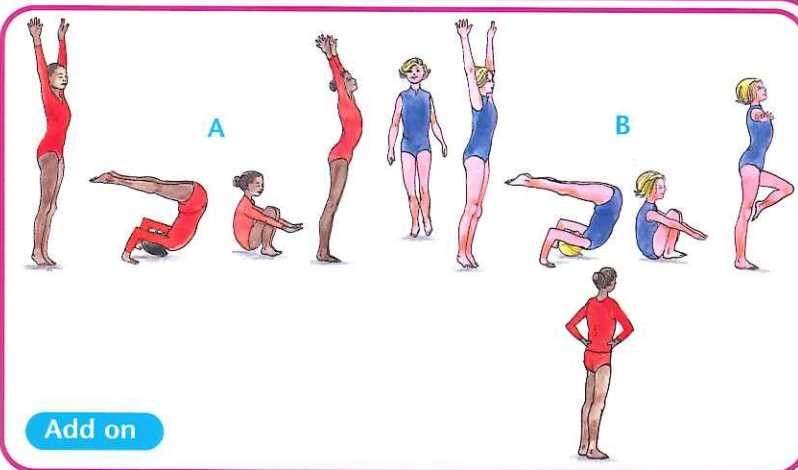
3

Link movement to travelling

e.g. step, skip, step, skip . . .



. . . step, jump, balance



Add on

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- (A) performs a simple move.
- (B) copies and adds another movement to the end.
- (A) then performs the two moves performed by (B) and adds a third.
- (B) then copies (A) and adds a fourth movement.
- Continue until there are eight movements in the routine.
- Encourage composition of a sequence that includes agilities and linking movements.

As technique improves, refine sequence through practise and work towards

routines that: include a balance, a roll, a jump and landing, and a movement where weight is taken on hands; show different ways of travelling; change direction, speed and level.

Think INC.

With some children sequences may need to be developed by starting with the final movement and working back to the beginning (backwards chaining).

Vocabulary

Linking, routine, sequence, repeat, continuity, flow, pause, pathway, direction, level, speed, simple, complex, amplitude, originality, artistic, tasteful

Safety: Ensure the children:

- ▲ **do not use a jump from the climbing frame to link a hanging/climbing movement with a shape on the floor**
- have sufficient space for the work and are aware of others when completing tasks
- leave space around apparatus to complete travelling sequences to and from the floor
- perform activities confidently on the floor before working on apparatus.