

Building more complex sequences

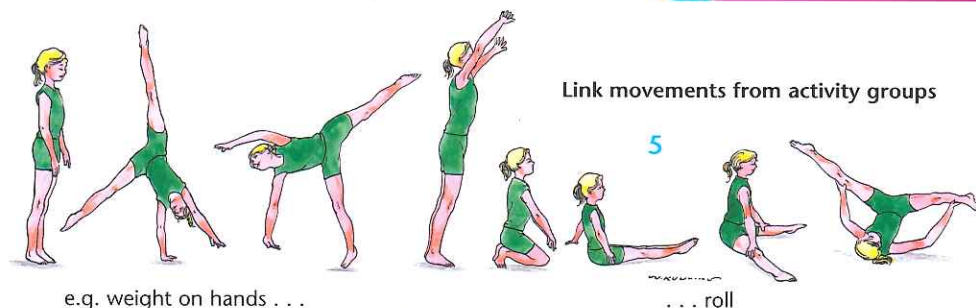
Young judges

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- Make up a panel of five judges to mark a full routine. Each person has a set of four cards and can award a score between one and four (see TOP Gymnastics Handbook).
- Decide the maximum time allowed for the sequence and if it will be performed to music.
- Judges 1 and 2: Mark the **quality** of the four moves. Rating: (1) Working towards satisfactory standard; (2) Satisfactory; (3) Good; (4) Excellent.
- Judges 3 and 4: Mark the **flow and variety** of linking work. Rating: (1) No real links, sequence disjointed; (2) Satisfactory, at least two ways of linking work and some flow and variety shown; (3) Good, at least three ways of linking work and good start and finishing positions; (4) Excellent sequence, show original ideas and 'flows' throughout.
- Judge 5: Awards **1 mark for each** of the following: Change in direction; speed; level; good use of space. Also responsible for recording total score.
- Maximum score: 20 points.
- Judges provide feedback explaining reasons for the score they give.

Link movements from activity groups



e.g. weight on hands . . .

. . . roll

. . . jump

. . . balance

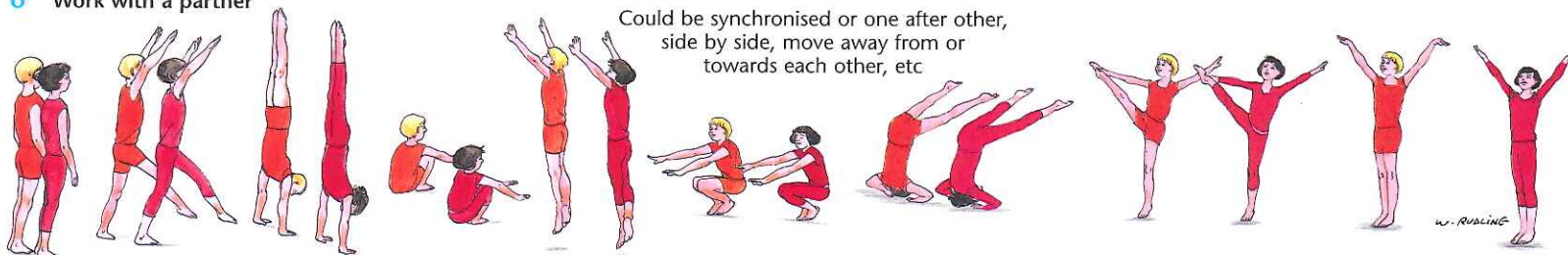
. . . backward roll to knees

. . . front support

. . . weight on hands

. . . forward roll

6 Work with a partner



Could be synchronised or one after other, side by side, move away from or towards each other, etc

Remember: introduce spatial concepts - direction, level, pathway, speed, musical accompaniment

Vocabulary

Aesthetic, choreography, composition, observe, judgement, evaluate, refine, unison, counter balance, mirror, obstacle, accelerate, decelerate

Safety: Ensure the children:

- have sufficient equipment for paired work on apparatus to be carried out safely
- have sufficient space for their work and are aware of others when completing tasks
- show competence on floor before trying skills on apparatus.