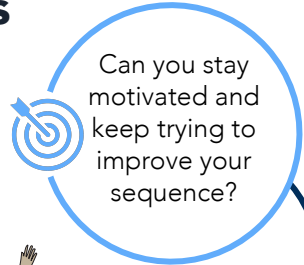




Sequence Champions

PE Home Learning



Can you stay motivated and keep trying to improve your sequence?

Time to Learn:

- Use a dice to create a movement sequence.
- You are going to add three movements together. Roll the dice three times to see which three 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

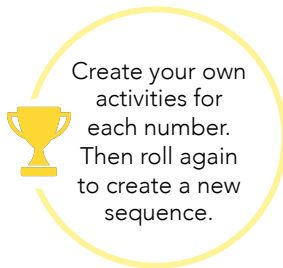
Roll a 5 = A tuck jump

Roll a 6 = A balance

- Think of creative ways to link the movements.



Practise the movements on your own a few times before rolling the dice.



Create your own activities for each number. Then roll again to create a new sequence.



Perform your sequence!
What was your feedback?
Do you need to make any improvements?

Top Tips

Link your movements

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



Let's Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?