

Sequence Champions

Home Physical Education

Can you perform your sequence and ask for feedback?

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 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?

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?