

# 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?