GYMNASTICS: A SEQUENCE

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT



PLAY THE VIDE®

Watch how the game is played <u>here!</u>

ACHIEVE THE CHALLENGE:

The aim of the challenge is to perform a sequence using a variety of skills

HOW TO PLAY:

- 1. There must be six of the specified skills in the sequence and at least one roll, one jump and one balance
- 2. The skills chosen are based on the participant's ability
- 3. You have 2 minutes to complete the challenge

EQUIPMENT

- Mark out a soft safe space
- Appropriate clothing
- Timer e.g. stop watch, phone, clock etc

ADAPTATIONS FOR AGE / ABILITY

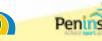
- Attempt a skill that you can do
- You can perform less than 6 skills if its a little tricky

SAFETY

Ensure the area is safe and clear. Ensure no jewellery is worn and the participants are appropriately dressed. Warm up skills before practising and performing.

















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SCOTING

Rell	BALANCE	JUMP	Addi tional Skill s
Teddy Bear Roll - 1 Point	One Foot Stand - 1 point	Stretch Jump - 1 point	Cartwheel - 1 point
Forward Roll - 2 points	Back Support - 2 points	Half Turn - 2 points	Bridge - 2 points
Backward Roll to Straddle - 3 points	Shoulder Stand - 3 points	Full Turn - 3 points	Splits - 3 points

BONUS POINTS:

Bonus points can be achieved by **tagging us on Facebook @CornwallSchoolGames** with any of the following:

- 1 point for a photo of you completing challenge
- 1 point for every family member and year group teacher who tries the challenge in the photo
- 1 point for completing it in fancy dress
- 1 point for posting a video telling us how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Don't forget to include your name, school & year group in your posts so we know who you are!

TIPS

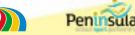
- Take your time, have a little practice
- Ensure the space is large enough
- If someone can film you performing the routine, you can post it and tag us on Facebook for extra bonus points!

F**əllə**w us **ən** F**acebəş**k

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ARENA











