# 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

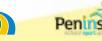
- Attempt a skill that you can do
- You can perform less than 6 skills if its a little tricky

# 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 <b>tional Skill</b> s
Teddy Bear Roll - <b>1 Point</b>	One Foot Stand - 1 point	Stretch Jump - <b>1 point</b>	Cartwheel - <b>1 point</b>
Forward Roll - 2 points	Back Support - 2 points	Half Turn - <b>2 points</b>	Bridge - <b>2 points</b>
Backward Roll to Straddle - 3 points	Shoulder Stand - <b>3 points</b>	Full Turn - <b>3 points</b>	Splits - <b>3 points</b>

## **BONUS POINTS:**

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

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



Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games

# 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!

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