Sequence Champions
Home Physical Education

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!

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?