

GYMNASTIC SEQUENCING ACTIVITY

The Oide Primary PE Team has developed this set of gymnastics sequencing activities as a resource to support the teaching of gymnastics in the PE lesson. This activity provides opportunities for pupils to create gymnastic sequences in small groups performing a variety of the following movement skills - travelling in different ways, making gymnastics shapes, animal walks and gymnastic rolls. Pupils should be familiar with each individual movement before adding the movement to a sequence
See scoilnet.ie/pdst/primary/strands/Gymnastics for further resources to support the teaching and learning of Gymnastics.

Preparation

1. Print, laminate and cut out the attached movement cards and sequence cards
2. Organise the movement cards into their categories - shapes, animal walks, ways of travel and animal walks. Place each category of cards at one end of the playing area.

Equipment:

- Movement Cards
- Sequence Cards (3 levels)
- Gymnastic Rolling Mats

Description of Activity

1. Divide pupils into small groups. Assign a section of the playing area to each group. Invite one pupil from each group to select a sequencing card.
2. Invite the same pupil to run and select movement cards from each category based on the movements represented on their sequence card.
3. In groups, pupils create & perform a gymnastic sequence using their movement cards
4. A different pupil selects a new gymnastic card and chooses new movement cards

Variations

Encourage pupils to choose gymnastic sequence cards from a variety of different level.

Pupils can create their sequence based on a theme/story, add music, props, clothes to showcase the theme



MOVEMENT CARDS

SHAPES

Straight
shape

Star
shape

Dish
shape

Dish
shape

Arch
shape

Pike
shape

Straddle
shape

Tuck
shape

Tall
shape

GYMNASTICS SEQUENCING

ACTIVITY

Straight
shape

Star
shape

Dish
shape

Dish
shape

Arch
shape

Pike
shape

Straddle
shape

Tuck
shape

Tall
shape

MOVEMENT CARDS

SHAPES

Small
shape

Wide
shape

Narrow
shape

Angry
Cat

Downward
Dog

Plank
hold

Table
top

MOVEMENT CARDS

ANIMAL WALKS

Crab
walk

Bear
walk

Seal
walk

Duck
walk

Scorpion
walk

Donkey
kick

Scorpion
Roll

MOVEMENT CARDS

TRAVEL

Walk

Hop

Skip

March

Side-
step

Jump
(2 feet -
2 feet)

Jump
(1 foot -
2 feet)

Jump
(2 feet -
1 foot)

Step hop
(1 foot -
1 foot)

MOVEMENT CARDS

ROLLS

Pencil
Roll

Dish/
Arch
Roll

Egg
Roll

Teddybear
Roll

Shoulder
Roll

Forward
Roll

Cartwheel

SEQUENCE CARDS LEVEL 1

Sequence 1: Select movement cards & create a gymnastic sequence

Shape - Animal Walk - Travel - Shape

Level 1

Sequence 2: Select movement cards & create a gymnastic sequence

Shape - Animal Walk - Travel - Shape

Level 1

Sequence 3: Select movement cards & create a gymnastic sequence

Shape - Animal Walk - Travel - Shape

Level 1

SEQUENCE CARDS LEVEL 2

Sequence 1: Select movement cards & create a gymnastic sequence

Shape - Animal Walk - Travel - Animal Walk - Shape

Level 2

Sequence 2: Select movement cards & create a gymnastic sequence

Shape - Travel - Shape - Animal Walk - Travel

Level 2

Sequence 3: Select movement cards & create a gymnastic sequence

Animal Walk - Shape - Animal Walk - Travel - Shape

Level 2

SEQUENCE CARDS LEVEL 3

Sequence 1: Select movement cards & create a gymnastic sequence

Shape - Animal Walk - Travel - Animal Walk -
Roll - Shape

Level 3

Sequence 2: Select movement cards & create a gymnastic sequence

Travel - Shape - Roll - Shape - Animal walk -
Shape

Level 3

Sequence 3: Select movement cards & create a gymnastic sequence

Shape - Animal walk - Roll - Shape - Travel-
Shape

Level 3