

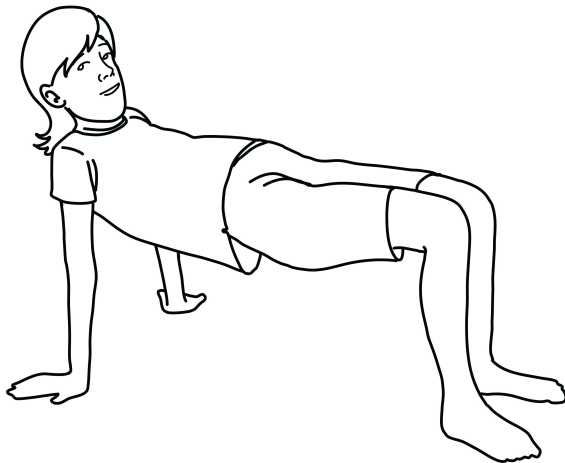
Prior Learning:

Performed a variety of basic gymnastics actions showing control. Introduced to turn, twist, spin, rock and roll and learned to link these. Perform longer movement phrases.

Unit Focus:

Describe and explain how performers can transition and link elements. Perform with control and consistency basic actions. Create and perform a simple sequence.

Equipment needed: Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, and action cards.



Key Vocabulary/Skills	
Start and finish shapes.	Shape, sequence, pattern, movement, music, timing, hang, like, carry, power, judging.
Power in jumping.	
Linking movements.	
Levels.	
Speed.	

Head: Perform with some basic control and consistency.

Hand: Create and perform a simple sequence.

Heart: Reflect on own performance and use scoring system to judge performance.

Key Questions:

1. Can you name 3 elements of a sequence that can be judged?
2. Describe what you liked about a sequence.
3. How could you show different levels in a sequence?

Concepts:

Professional judging - Individually, gymnast starts from a 10.0. Throughout the routine, the judges deduct points, tenths, and even hundredths for mistakes in execution. Once the routine is over, the final score is tallied.

