

# GYMNASTICS: A SEQUENCE

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

## 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



## PLAY THE VIDEO

Watch how the game is played [here!](#)

## 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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## SCORING

ROLL	BALANCE	JUMP	ADDITIONAL SKILLS
Teddy Bear Roll - <b>1 Point</b>	One Foot Stand - <b>1 point</b>	Stretch Jump - <b>1 point</b>	Cartwheel - <b>1 point</b>
Forward Roll - <b>2 points</b>	Back Support - <b>2 points</b>	Half Turn - <b>2 points</b>	Bridge - <b>2 points</b>
Backward Roll to Straddle - <b>3 points</b>	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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