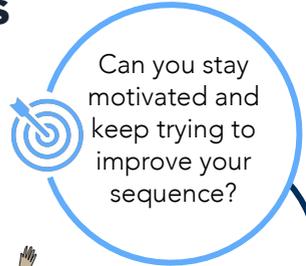




# Sequence Champions PE Home Learning



Can you stay motivated and keep trying to improve your sequence?

## Time to Learn:

- Use a dice to create a movement sequence.
- You are going to add three movements together. Roll the dice three times to see which three movements you will need to perform:

**Roll a 1** = A star jump

**Roll a 2** = A roll

**Roll a 3** = A turn

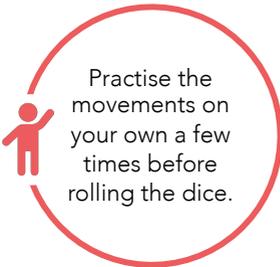
**Roll a 4** = A twist

**Roll a 5** = A tuck jump

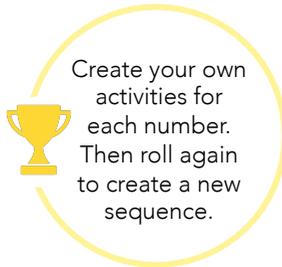
**Roll a 6** = A balance



- Think of creative ways to link the movements.



Practise the movements on your own a few times before rolling the dice.



Create your own activities for each number. Then roll again to create a new sequence.

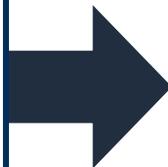


**Perform your sequence!**  
What was your feedback?  
Do you need to make any improvements?

## 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?