




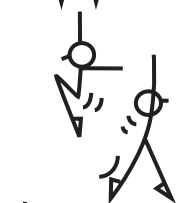


- Warm-up**
- (i)  **7** "Follow-my-leader" and find different ways of changing the leadership on a signal from the teacher. *(You could use Track 7 here.)*
- (ii)  No. 1's lie down on the floor face down. No.2's jog in and out of them and when they see a clear "body" they jump over their ankles and continue. Repeat until the teacher reverses the roles.
- (iii) Repeat the task but when you jump over a partner turn in the air to land facing him or her and then continue.

- Floorwork** (i) Show at least four different shaped jumps.

 *(Remember different take-offs and shapes in the air - symmetrical/asymmetrical.)*

- (ii)  Show at least four different ways of travelling.

- (iii)  Compose a sequence which contains at least two different jumps and three different shaped balances. Joins should include travelling movements and rolls. You could use Track 35 "This is me".



(Because this is a more complicated task, children should have a visual reminder of the components e.g. on a flip-chart or piece of sugar paper blue-tacked to the wall or card 14. They can refer to this check list.)

Remember the actions should show strong, pushing, pulling and swinging.

- (iv)  Look at a partner's sequence twice through and identify:

(a) does it contain the necessary elements?

(b) does it show a change of **direction** or **pathway**?

After talking to your partner practise and improve your sequence.

Everyone looks at a sequence chosen by the teacher.

(a) can you see any changes in **speed**?



Choose a roll and perform it at normal speed. Now perform the same roll as SLOWLY as possible. Can you feel the extra push or pull which is necessary to slow the movement down? Can you slow down one part of your sequence?

- (vi) Perform the sequences slowing clear starting and finishing positions.

Concluding activity

Travel about the room walking, sliding, turning in different ways but just as if you are in a low motion "action replay" - really slowly and smoothly.

FUNCTIONAL USE OF THE LIMBS

CHECK-LIST FOR SEQUENCES (FLOOR)

- 2 different jumps.
- 3 different shaped balances.
- Joins should include travelling movements and rolls.
- All these elements should show strong pushing, pulling and swinging.
- Does it show changes in direction or pathway?
- Can you see any changes in speed.
- Are there clear starting and finishing positions?

CARD
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FUNCTIONAL USE OF THE LIMBS

CHECK-LIST FOR SEQUENCES (APPARATUS)

- 2 different ways springing or jumping on/off/over apparatus showing different shapes in the air.
- 3 different balances.
- Join them together smoothly using travelling on the floor and rolling.
- Show variety in directional/pathways/speed.
- Show clear starting and finishing positions.

CARD
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