

Sequence frameworks

8a

- 01 Balance
- 02 Jump
- 03 Roll
- 04 Jump
- 05 Travel
- 06 Jump
- 07 Roll
- 08 Balance

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

8b

- 01 Travel forwards
- 02 Balance at a high level
- 03 Travel sideways
- 04 Roll slowly
- 05 Jump showing a straight shape
- 06 Balance at a low level
- 07 Travel in a curved pathway
- 08 Roll or rotate at a high level

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

8c

- 01 Balance in an asymmetrical shape at a medium level
- 02 Travel slowly following a circular pathway
- 03 Roll sideways quickly
- 04 Jump diagonally showing a Star shape
- 05 Balance at a low level showing an Arch shape
- 06 Jump quickly at a high level
- 07 Travel backwards at a high level following a figure of 8 pathway
- 08 Roll backwards slowly following a straight pathway

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

8d

- 01 Balance at a low level and move for a Pike to a Straddle Pike shape
- 02 Roll forwards slowly in a Pike shape
- 03 Jump sideways quickly following a zig-zag pathway
- 04 Travel diagonally at a medium level accelerating
- 05 Travel forwards at a low level following a straight pathway
- 06 Jump backwards slowly showing a Tuck Shape
- 07 Roll sideways at a medium level showing a Pike Straddle Shape
- 08 Travel forwards showing a Tuck Shape following a circular pathway

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

8e

- 01 Jump quickly towards the apparatus in a straight pathway
- 02
- 03 Roll backwards away from your partner showing a tuck shape
- 04
- 05 Travel on the apparatus showing a pike shape
- 06
- 07 Balance at a low level close to your partner and away from apparatus
- 08

Sequence frameworks

8e

- 01 Jump quickly towards the apparatus in a straight pathway
- 02
- 03 Roll backwards away from your partner showing a tuck shape
- 04
- 05 Travel on the apparatus showing a pike shape
- 06
- 07 Balance at a low level close to your partner and away from apparatus
- 08

Sequence frameworks

8e

- 01 Jump quickly towards the apparatus in a straight pathway
- 02
- 03 Roll backwards away from your partner showing a tuck shape
- 04
- 05 Travel on the apparatus showing a pike shape
- 06
- 07 Balance at a low level close to your partner and away from apparatus
- 08

Sequence frameworks

8e

- 01 Jump quickly towards the apparatus in a straight pathway
- 02
- 03 Roll backwards away from your partner showing a tuck shape
- 04
- 05 Travel on the apparatus showing a pike shape
- 06
- 07 Balance at a low level close to your partner and away from apparatus
- 08

Sequence frameworks

12a

- 01 Balance
- 02 Roll
- 03 Jump
- 04 Travel
- 05 Jump
- 06 Travel
- 07 Balance
- 08 Roll
- 09 Travel
- 10 Jump
- 11 Jump
- 12 Balance

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

12b

- 01 Roll at a medium level
- 02 Jump showing a Straddle Pike shape
- 03 Travel following an oval pathway
- 04 Travel slowly
- 05 Roll backwards
- 06 Jump diagonally
- 07 Balance showing a Puck shape
- 08 Roll in a zig-zag pathway
- 09 Roll quickly
- 10 Balance at a low level
- 11 Travel decelerating
- 12 Jump following a square pathway

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

12c

- 01 Balance symmetrically and inverted
- 02 Roll accelerating following a spiral pathway
- 03 Jump at a low level showing a Tuck shape
- 04 Travel diagonally decelerating following an oval pathway
- 05 Balance on one foot, at a high level
- 06 Roll forwards showing a Pike shape
- 07 Jump backwards quickly following a triangular pathway
- 08 Jump diagonally slowly showing a Star shape
- 09 Travel sideways showing an Arch shape
- 10 Roll or rotate sideways showing a Star shape
- 11 Travel at a high level quickly
- 12 Jump forwards showing a Puck shape following a curved pathway

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

12d

- 01 Travel quickly at a low level showing a Star shape
- 02 Roll slowly at a medium level showing a Tuck shape
- 03 Jump forwards decelerating following a square pathway
- 04 Balance on two body parts at a high level showing a Pike shape
- 05 Travel forwards decelerating showing a Pike straddle
- 06 Roll backwards slowly showing a Pike Straddle shape
- 07 Balance inverted at a low level showing a Pike Straddle
- 08 Jump forwards quickly showing a straight shape
- 09 Travel sideways at a medium level following a circular pathway
- 10 Travel backwards at a low level showing a Pike Straddle shape
- 11 Balance symmetrically on four body parts at a medium level
- 12 Roll diagonally slowly showing a Tuck shape

PE & School Sport Gymnastic Activities Module 3

Sequence frameworks

12e

- 01 Travel following an oval pathway moving over the apparatus at a low level
- 02
- 03 Jump sideways slowly along a piece of apparatus
- 04
- 05 Roll slowly towards your partner showing a pike shape
- 06
- 07 Travel quickly at a level under a piece of apparatus
- 08
- 09 Balance asymmetrically at a level on a piece of apparatus
- 10
- 11 Balance at a medium level showing a mirror image of your partner you on and your partner on the apparatus
- 12

Sequence frameworks

12e

- 01 Travel following an oval pathway moving over the apparatus at a low level
- 02
- 03 Jump sideways slowly along a piece of apparatus
- 04
- 05 Roll slowly towards your partner showing a pike shape
- 06
- 07 Travel quickly at a level under a piece of apparatus
- 08
- 09 Balance asymmetrically at a level on a piece of apparatus
- 10
- 11 Balance at a medium level showing a mirror image of your partner you on and your partner on the apparatus
- 12

Sequence frameworks

12e

- 01 Travel following an oval pathway moving over the apparatus at a low level
- 02
- 03 Jump sideways slowly along a piece of apparatus
- 04
- 05 Roll slowly towards your partner showing a pike shape
- 06
- 07 Travel quickly at a level under a piece of apparatus
- 08
- 09 Balance asymmetrically at a level on a piece of apparatus
- 10
- 11 Balance at a medium level showing a mirror image of your partner you on and your partner on the apparatus
- 12

Sequence frameworks

12e

- 01 Travel following an oval pathway moving over the apparatus at a low level
- 02
- 03 Jump sideways slowly along a piece of apparatus
- 04
- 05 Roll slowly towards your partner showing a pike shape
- 06
- 07 Travel quickly at a level under a piece of apparatus
- 08
- 09 Balance asymmetrically at a level on a piece of apparatus
- 10
- 11 Balance at a medium level showing a mirror image of your partner you on and your partner on the apparatus
- 12