Create a Movement Sequence Worksheet

Fourth Grade

Group Members:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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You have learned a variety of skills and movements in physical education this year. Now it is your turn to create a routine to music.

Fill in the chart below to create your routine. Complete the checklist as you create your routine:

\_\_\_\_\_Each group member must create one movement

\_\_\_\_\_Each movement must be 8 counts

\_\_\_\_\_Your routine must show a steady rhythm

\_\_\_\_\_Smooth transitions between movements

\_\_\_\_\_Movements that show balance, coordination and agility

\_\_\_\_\_After you have all of your movements written down, show your teacher your worksheet for feedback.

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| Movement #1  Name of Movement:  Student: |  |
| Movement #2  Name of Movement:  Student: |  |
| Movement #3  Name of Movement:  Student: |  |
| Movement #4  Name of Movement:  Student: |  |