



Irish Primary Physical Education Association (IPPEA)

7th Annual Conference

Mary Immaculate College of Education, Limerick

Saturday March 20th 2010

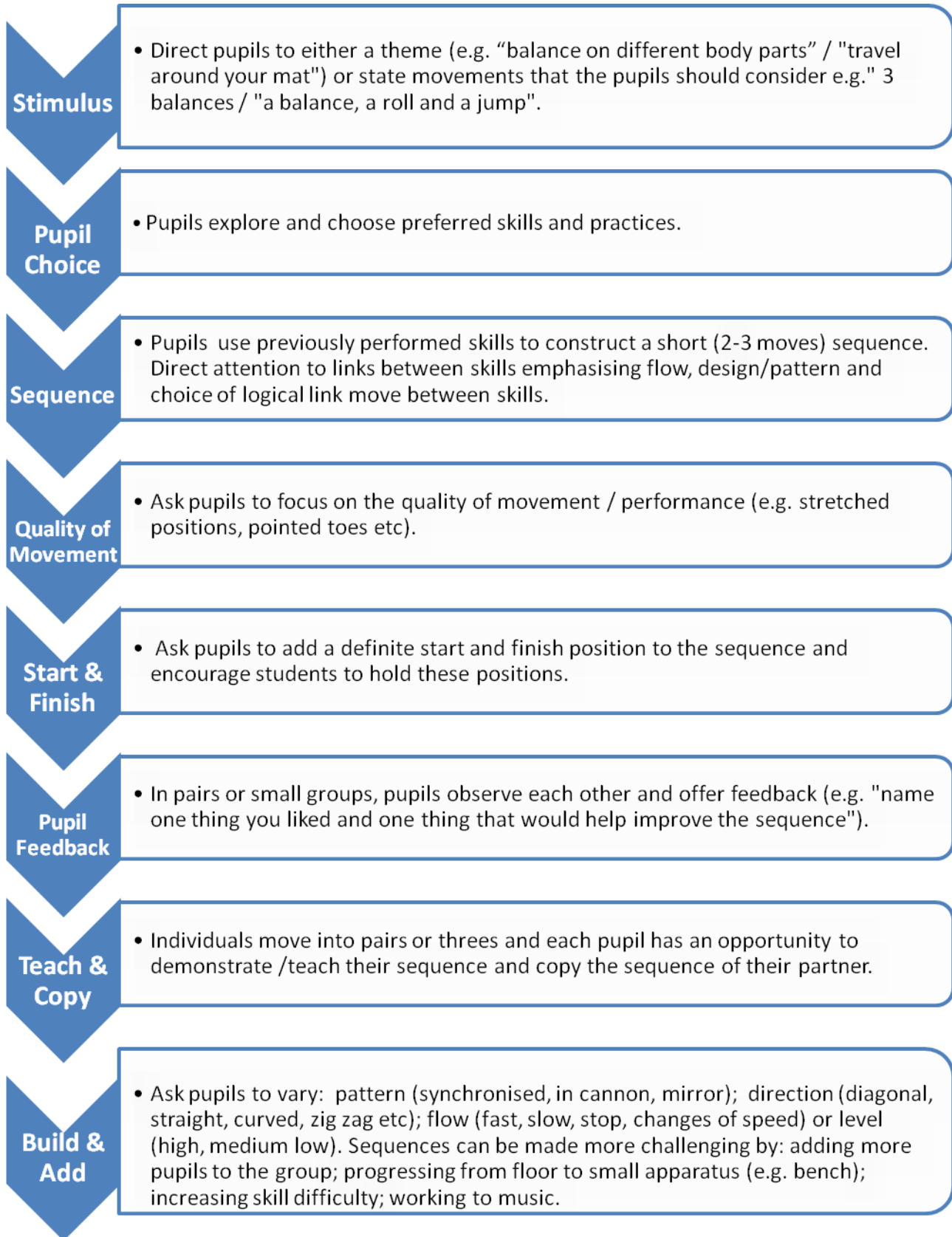
Title of Presentation/Workshop:

Gymnastics...Ideas for developing sequences

Presenters Name:

Elaine Murtagh PhD
Mary Immaculate College

Developing Sequences



Adapted from University of Ulster GymFUN programme (2008) 'Exploring a theme' handout

Sequence Starters

Theme	Stimulus for Sequence
Travelling / Locomotion	<ul style="list-style-type: none"> ▪ Travel around your mat ▪ Travel across your mat ▪ Choose 3 types of locomotion ▪ Skip, move sideways/backwards, crawl, ▪ Travel low to the ground
Balance / Statics	<ul style="list-style-type: none"> ▪ Balance on 2 body parts ▪ Balance on 1 hand and 1 foot (and variations) ▪ Choose a progression for handstand ▪ Pick a partner balance
Rotation	<ul style="list-style-type: none"> ▪ 2 types of rolls ▪ Choose a progression for cartwheel
Flight / Spring & landing	<ul style="list-style-type: none"> ▪ Jump for height ▪ Jump for distance ▪ Leap (one foot to other foot) ▪ Hop ▪ 2 types of jumps
Variety of themes	Option to select combination of above suggestions, e.g. choose a balance, a roll and a jump.
With equipment	<ul style="list-style-type: none"> ▪ Move onto the bench ▪ Travel along the bench ▪ Jump off the bench ▪ Move around the bench ▪ Move over the bench