Varying Movement Actions for Gymnastics and Dance

**Shape**
- Tall
- Small
- Wide
- Narrow
- Twisting
- Bendy
- Asymmetric
- Symmetric
- Tuck
- Straddle
- Pike
- Star

**Direction**
- Forwards
- Backwards
- Rockwards
- Diagonal
- Side-ways
- Left
- Right
- Delivered
- Towards

**Pathway**
- Linear
- Straight
- Curved
- Zigzag
- Around
- Floor
- Air

**Level**
- High
- Low
- Medium
- Up
- Down

**Dynamics**
- Fast
- Slow
- Precise
- Quick
- Energetic
- Heavy
- Light
- Staccato
- Smooth
- Rhythm

**Relationships**
- Pair
- Group
- Formation
- Apparatus
- Body parts
- Music
- Props
- Space
Gymnastics Sequence 1

Create a gymnastics sequence that incorporates the following:

- A strong starting shape
- At least 3 different ways of travelling
- A strong finishing shape
- 4 jumps
- A change in levels