

MIX AND MATCH ACTIVITY CARD

<p>3 Skill Sequences (Individual)</p>	<p>We are going to combine some of the gymnastics skills we learned into a sequence. Let's try the following:</p> <ul style="list-style-type: none"> ○ Balance + Roll + Balance ○ Balance + Weight Transfer + Balance ○ Balance + Traveling Action + Balance ○ Challenge: Incorporate equipment into one of the sequences above.
<p>4 Skill Combinations (Individual)</p>	<p>Now we are going to create combinations of even more skills. Let's try the following:</p> <ul style="list-style-type: none"> ○ Balance + Traveling Action + Roll + Balance ○ Balance + Weight Transfer + Traveling Action + Balance ○ Balance + Roll + Weight Transfer + Balance ○ Challenge: Incorporate equipment into one of the sequences above.
<p>5 Skill Combinations (Individual)</p>	<p>We are going to combine all of the different skills into one combination now. Let's try the following:</p> <ul style="list-style-type: none"> ○ Balance + Roll + Traveling Action + Weight Transfer + Balance ○ Balance + Traveling Action + Roll + Weight Transfer + Balance ○ Balance + Weight Transfer + Roll + Traveling Action + Balance ○ Challenge: Incorporate equipment into one of the sequences above.
<p>Student Created Combinations (Group/Partner)</p>	<p>Now that we have practiced different types of combinations, can you work with the partners on your mat to come up with a group combination?</p> <ul style="list-style-type: none"> ○ Come up with a creative and unique way to combine the following skills into a combination that flows from one skill to the next: <ul style="list-style-type: none"> ▪ Balances, Rolling Actions, Traveling Actions, Weight Transfers ▪ You can integrate equipment if your group chooses