

Year 1 Gymnastics competition floor sequence

As the video wouldn't upload we've resorted to typing out the sequence! I hope this helps for practising purposes!! The children need to learn this sequence off by heart and perform it with strength and control.

1. Present (2 arms girls, 1 arm boys)
2. Forward roll into straddle
3. Teddy bear roll turning 180 degrees, hands behind thighs
4. Back support pushing hips up and toes pointed
5. Rock forwards and backwards 3 times holding knees
6. Stand without using hands - feet together
7. Quarter turn into star shape (feet and arms wide)
8. Quarter turn to bring feet together
9. Stand on one leg - balance still for 3 seconds
10. Jump forward feet and knees together into squat
11. Present