Varying Movement Actions for Gymnastics and Dance

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

Direction
- Forwards
- Backwards
- Diagonal
- Orientation
- Left
- Right
- Side-ways

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

Level
- High
- Low
- Medium
- Up
- Down

Dynamics
- Fast
- Slow
- Energetic
- Quick
- Accelerate
- Decelerate
- Rhythm
- Precise
- Light
- Heavy
- Smooth

Relationships
- Pair
- Group
- Apparatus
- Formation
- Body parts
- Props
- Music
- Space
Create a gymnastics sequence that incorporates the following in any order:

- 3 Animal Walks
- 2 Jumps
- 3 Rolls
- 1 Individual Balance
- Starting and Finishing Shape