To interact with others in different physical activity settings

PYRAMID AND BALANCE SEQUENCE WITH A PARTNER
## APPENDIX 1

### TRANSITION MOVEMENTS AND MOVEMENT SKILLS

<table>
<thead>
<tr>
<th>Movements</th>
<th>Locomotor skills</th>
<th>Nonlocomotor skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bending</td>
<td>Roll (forward, backward, legs together or apart)</td>
<td>Pivoting</td>
</tr>
<tr>
<td>Extending</td>
<td>Cartwheel</td>
<td>Spinning</td>
</tr>
<tr>
<td>Rotating</td>
<td>Side stepping</td>
<td>Jumping on the spot (legs together, straight or apart)</td>
</tr>
<tr>
<td>Swinging</td>
<td>Galloping</td>
<td>Turning</td>
</tr>
<tr>
<td></td>
<td>Skipping</td>
<td>Maintenance a position (starting, finishing)</td>
</tr>
<tr>
<td></td>
<td>Cross-stepping</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hopping to travel distance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Others</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Enlarge, laminate and post the words below on the gymnasium wall. They can be used to show how to develop a plan.

STARTING POSITION

Group Figure 1
Group Figure 2
Group Figure 3
Group Figure 4
Transition movement 1
Transition movement 2
Transition movement 3
FINISHING POSITION
Enlarge, laminate and post the arrow below on the gymnasium wall. The arrows can be used to show the order in which the positions, group figures and transition movements are performed.
Rectangle for indicating the number corresponding to the position, transition movement or group figure selected
APPENDIX 3

Nonlocomotor Skills

Examples of posters that can be used to show the different starting and finishing positions that students may choose to include in their sequence

STANDING POSITION

STARTING/FINISHING
STANDING POSITION

STARTING/FINISHING
LEGS APART POSITION

STARTING/FINISHING
TUCKED POSITION

STARTING/FINISHING

D
SUPINE POSITION

FINISHING
STRAIGHT LEG POSITION

FINISHING
LEGS APART POSITION

FINISHING
POSITION ON ONE KNEE

FINISHING
INDIVIDUAL POSITIONS

ARMS IN A “T”
ARMS EXTENDED DIAGONALLY ON EITHER SIDE OF THE BODY
ARMS IN AN “L”
TIP TOES
STORK STAND
PLANK ON HANDS
ARABESQUE
ON ONE KNEE
LOW ARABESQUE
REVERSE PUSH UP
POSITION
AIRPLANE
ARABESQUE ON ONE KNEE WITH ONE HAND ON THE FLOOR
“V” SEAT
SHOULDER STAND
BEAR STAND
APPENDIX 4

Locomotor Skills

Examples of posters that can be used to show the different positions students may assume when performing locomotor skills.

Cartwheel
Tuck forward roll
Group Figures in Pairs
Examples of posters that can be used to show the different positions students may assume when performing group figures.
F4
F5
F7
F9
For students capable of doing a headstand
For students capable of doing a handstand