

## Assessment for learning task

As a group of four, complete a six-element sequence containing actions at different heights and speeds. Your sequence must include:

- 1) **A round-off or a variation such as bunny bench hops or cartwheel (From lesson 1)** – Each member of the group chooses their own level. The whole group do not have to perform the same action here.

- 2) **An asymmetrical balance e.g.**



- 3) **A roll (teddy roll or over-the-shoulder)**



- 4) **A symmetrical balance e.g.**



- 5) **Counterbalance e.g.**

