Foundation PE (Reception) - Creating a Sequence
Home Learning Challenge Sheet

At school we are learning to create a sequence. Please help me at home. The following activities will help us to become good at creating a sequence.

Activities to Support Learning

Guess My Moves
Try to create a sequence of about 3 or 4 movements. You should practise and perform the sequence. Ask someone to guess which order you are performing the movements in.

In My Sequence
Start the game by saying, "In my sequence there will be ..." Then add a movement e.g. "In my sequence there will be a jump." Perform the movement, then the next person should copy it and add their own movement e.g. "In my sequence there will be a jump and a turn." Continue like this, adding a different movement and practising the sequence each time. See how long you can make your sequence.

Copy My Sequence
Make up a short sequence e.g. jump, hop, roll. Perform your sequence to someone. Can they remember your sequence and copy it. Did they get it right?

My Turn, Your Turn
Work together with someone to create a sequence e.g. jump, turn, roll, stomp. Stand facing your partner. One person goes first and says, "My turn." They perform the first move in the sequence and then say, "Your turn." The next person then completes the same move. Continue this until the whole sequence has been completed. How long can you make your sequence?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your sequencing skills!

How to Create a Sequence:

1. Think of lots of different movements e.g. a jump, roll, spin or leap.

2. Think about which order you would like your movements to be in.

3. Ask someone to help you put your movements in a sequence (an order) e.g. jump, spin, hop, jump, spin, hop.

4. Make sure you finish one move before starting the next.

5. Practise your sequence so you know what is coming next.

6. Make sure you smile and enjoy performing when you show your sequence to an audience.