|  |  |
| --- | --- |
| Connections | Gymnastics actions |
| Changes in the following:   * Shape * Level * Direction * Pathway * Speed | Rolls: forward, backward  Balances: gymnastics upright balances  Inverted balances: shoulder stand, tripod, headstand, handstand, handstand scissor kick, handstand to forward roll  Flight: leap; jumps (half turn, pencil, seat kicker, tuck, star, straddle, pike, stag)  Turns: pivot, crossover, swing, wind-up, push  Wheels: cartwheel, roundoff  Vaults: front, flank, squat, straddle |

## Figure 21.12 Task card for creating sequences.