**Group Gymnastics Routine**

Working in teams of 2-4 students, you will create and perform a 2-minute gymnastics routine that meets the following criteria:

1. Routine is approximately **2 minutes in length** to the beat of a chosen song
2. Each group MEMBER must perform a **MINIMUM of 10 different gymnastics moves** (some may be at a synchronized time with a teammate, some might be individual “solo” moves).
3. Of those 10 gymnastics moves, EACH member must make sure that they do at least:

* **2 balances or supports**
* **1 jump**
* **And 1 roll**

1. Teammates must work together to make sure that everyone is actively involved.
2. The routine needs to run smoothly (memorize the routine!) The moves should smoothly transition to the next move, and the routine should show that thought and creativity went into the planning process and that it was practiced many times.

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Upbeat Song of Choice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the mini-textbook to map out your routine (remember you EACH need to do at least 2 balances, 1 jump, and 1 roll). Suggested planning strategy: Write out EVERY step your teammates plan to do, and then circle the moves that you will be involved in performing so that you know your cues!

*For example*:

START (standing back to back)

Everybody somersaults outward

Stand – Stork balance

Arabesque

Falling comet

…. Continued…..

PLANNING:

Planning page cont….

Rubric

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|  | 4 - Excellent | 3 - Good | 2 - Okay | 1 – Not Satisfactory |
| Each member 10 moves | Each member performed at least 10 moves, and completed them properly with good form | One member did not complete 10 moves or some moves had poor form | 2 members did not complete 10 moves or many of the moves were incomplete or had poor form | 2+ members did not complete 10 moves, moves were “sloppy” or weren’t held with good form. |
| Each member - 2 balances, 1 roll, and 1 jump | Every member completed 2 balances, 1 roll, and 1 jump with accuracy | Some members did not complete the 4 necessary components | Two members did not complete the necessary components or not with accuracy | 2+ members did not meet the components or the form wasn’t acceptable. |
| Creativity | The routine showed thought and originality in the use of space and use of partner coordination | The routine had many creative elements, but lacked some originality | The routine was fairly basic and didn’t seem to try many creative combinations | The routine lacked creativity and didn’t seem to have much thought put into the originality |
| Flow | Moves were well thought out to keep flow continuous and smooth with the timing | Most of the moves flowed fairly well, with a few awkward moments in timing | A few moves flowed into the next but the routine lacked some smoothness | Routine seemed choppy and the moves didn’t seem to be coordinated with one another |
| Effort & teamwork | All of the team members seemed enthusiastic and tried their best to perform moves that were suitable for their own level. The group worked well as a team to coordinate for each other’s strengths and weaknesses. | Most of the team looked like they were challenging themselves to try difficult moves, very little disagreement between working as a group. | Some members of the team weren’t trying to push themselves past the simple basics, some members were arguing instead of trying to accommodate for each other. | Group members didn’t try to make their routine difficult. Members fought instead of working together and couldn’t coordinate around each other. |

Comments: Total: /20