

Resource Booklet for Teachers

Physical Education and Health Second Year of Elementary School

*To interact with others in different
physical activity settings*

PYRAMID AND BALANCE SEQUENCE WITH A PARTNER

Direction de l'évaluation
Ministère de l'Éducation, du Loisir et du Sport

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TRANSITION MOVEMENTS AND MOVEMENT SKILLS

Movements	Locomotor skills	Nonlocomotor skills
<ul style="list-style-type: none"> • Bending • Extending • Rotating • Swinging 	<ul style="list-style-type: none"> • Roll (forward, backward, legs together or apart) • Cartwheel • Side stepping • Galloping • Skipping • Cross-stepping • Hopping to travel distance • Others 	<ul style="list-style-type: none"> • Pivoting • Spinning • Jumping on the spot (legs together, straight or apart) • Turning • Maintaining a position (starting, finishing)

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

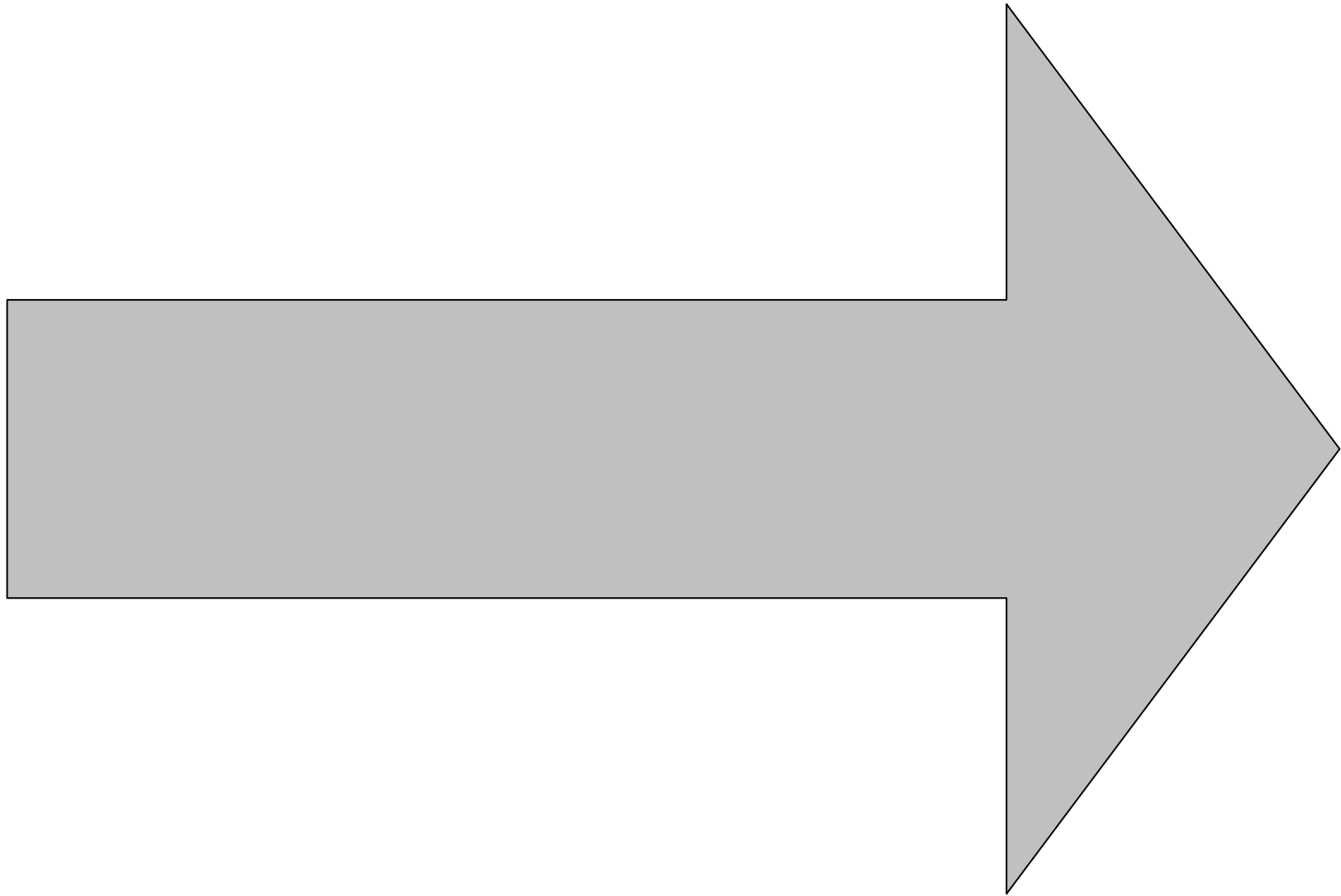
Transition movement 1

Transition movement 2

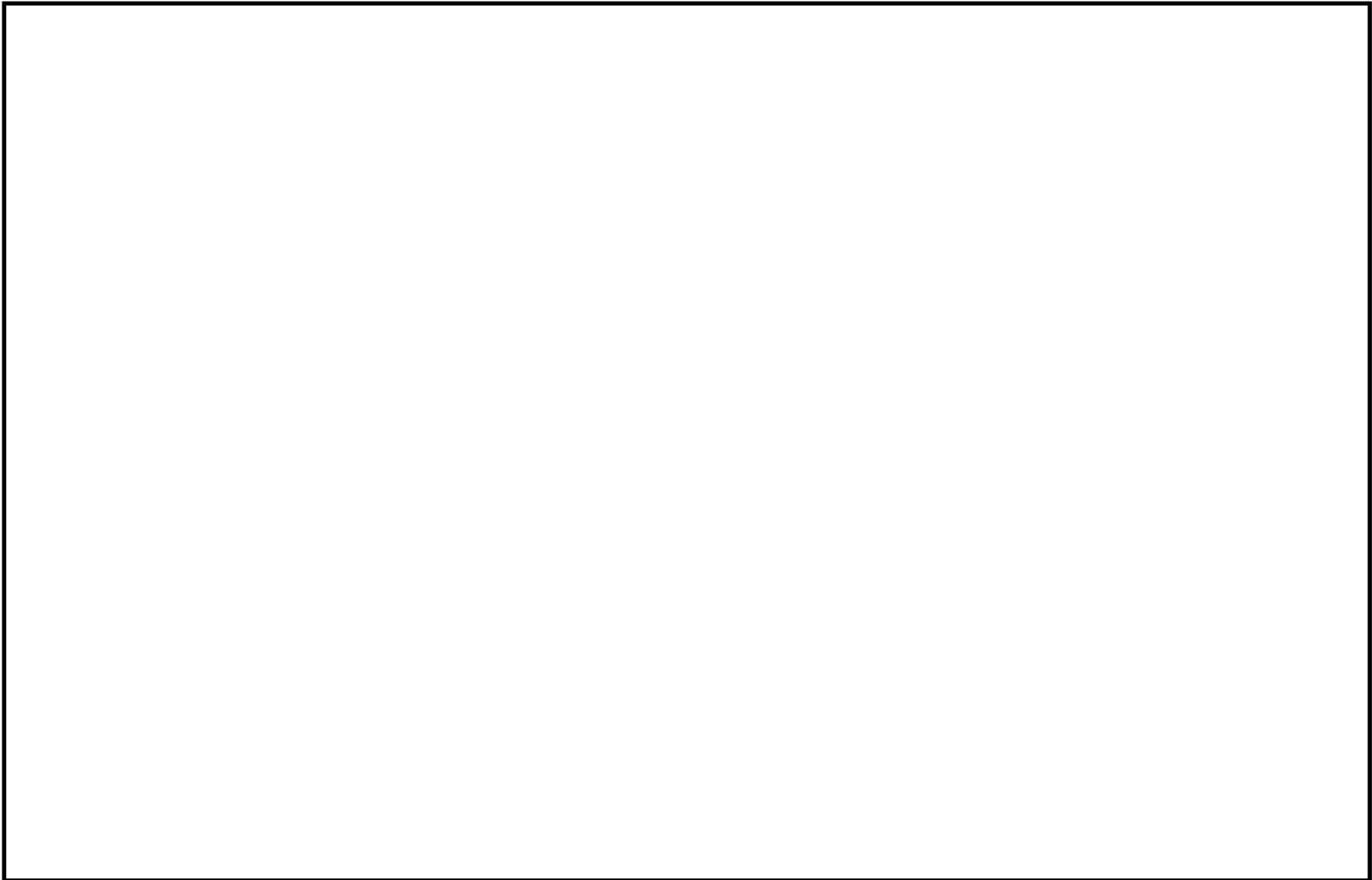
Transition movement 3

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



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

B



STARTING/FINISHING

LEGS APART POSITION

C



STARTING/FINISHING

TUCKED POSITION

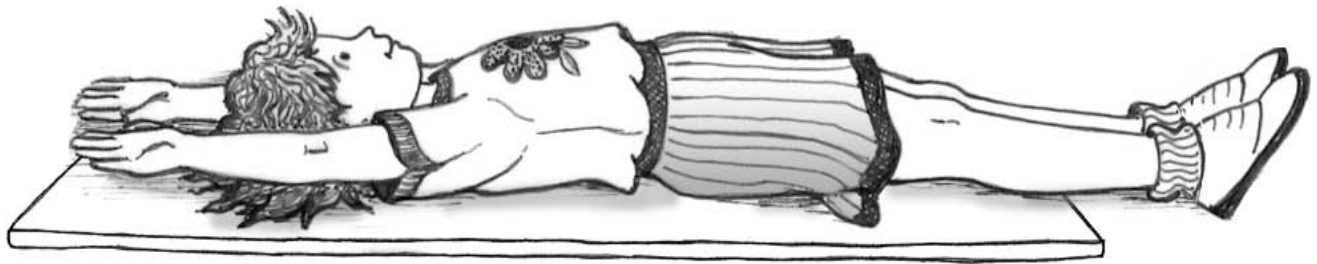
D



STARTING/FINISHING

SUPINE POSITION

E



FINISHING

STRAIGHT LEG POSITION

F



FINISHING

LEGS APART POSITION

G



FINISHING

POSITION ON ONE KNEE

H



FINISHING

INDIVIDUAL POSITIONS

P1

ARMS IN A “T”



P2

ARMS EXTENDED DIAGONALLY ON EITHER SIDE OF THE BODY



P3

ARMS IN AN “L”



P4

TIP TOES



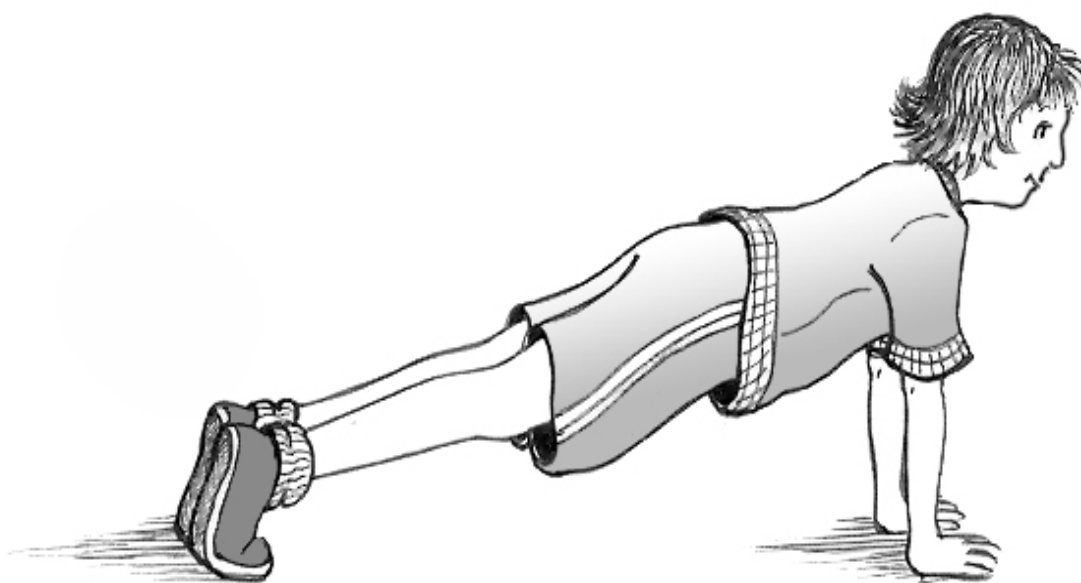
P5

STORK STAND



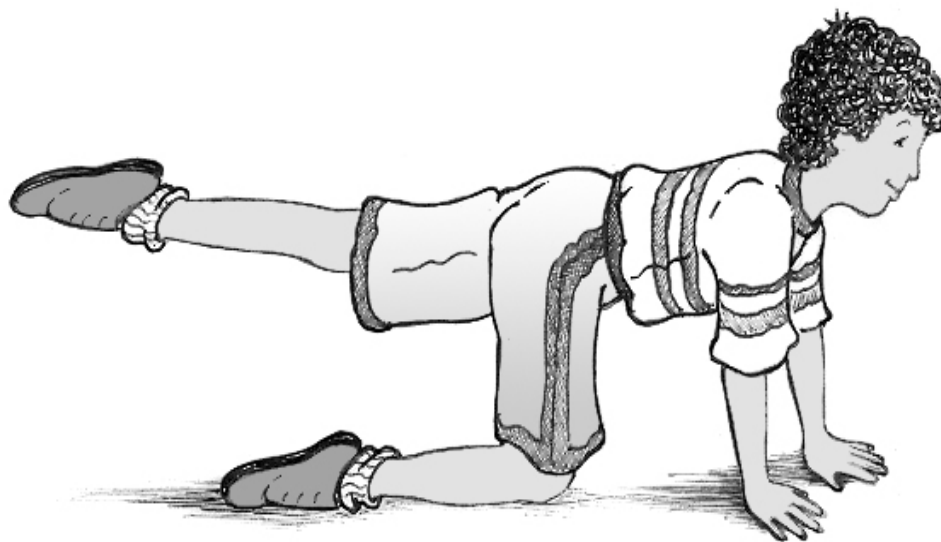
P6

PLANK ON HANDS



P7

ARABESQUE ON ONE KNEE



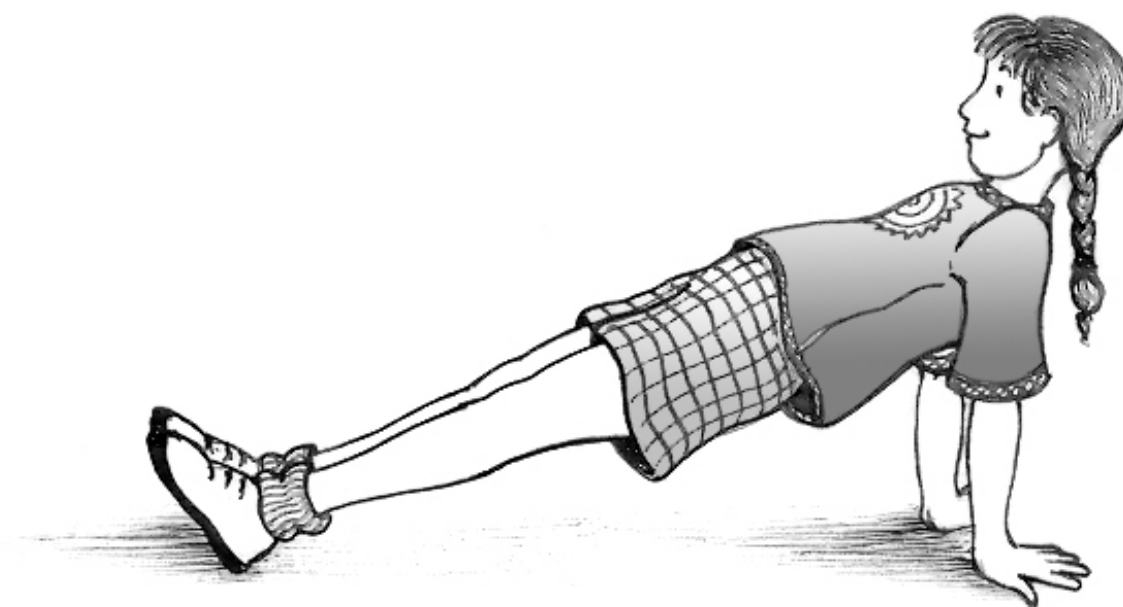
P8

LOW ARABESQUE



P9

REVERSE PUSH UP POSITION



P10

AIRPLANE



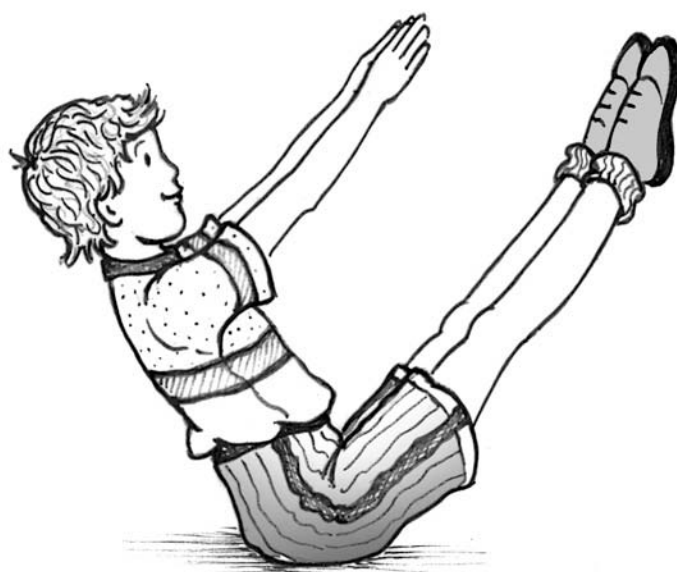
P11

ARABESQUE ON ONE KNEE WITH ONE HAND ON THE FLOOR

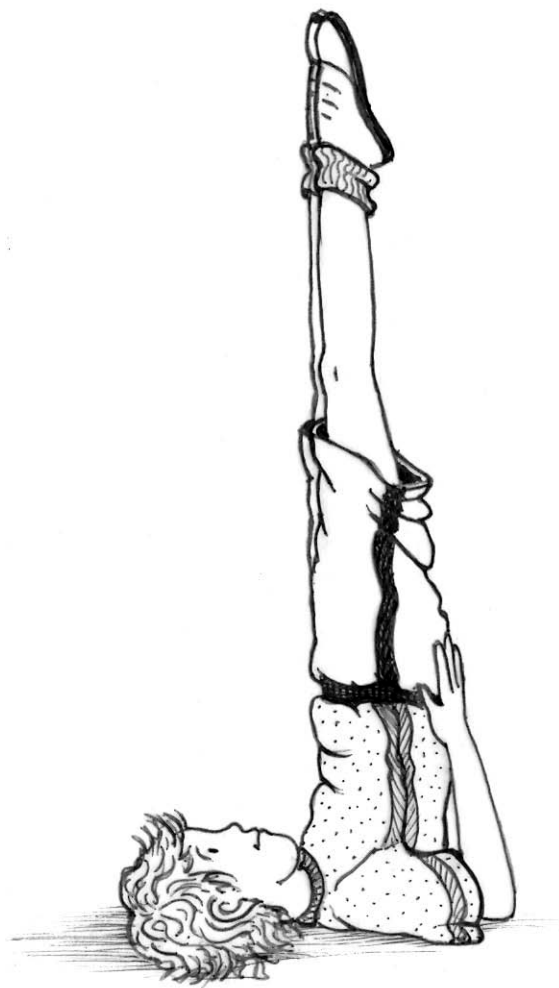


P12

“V” SEAT



SHOULDER STAND



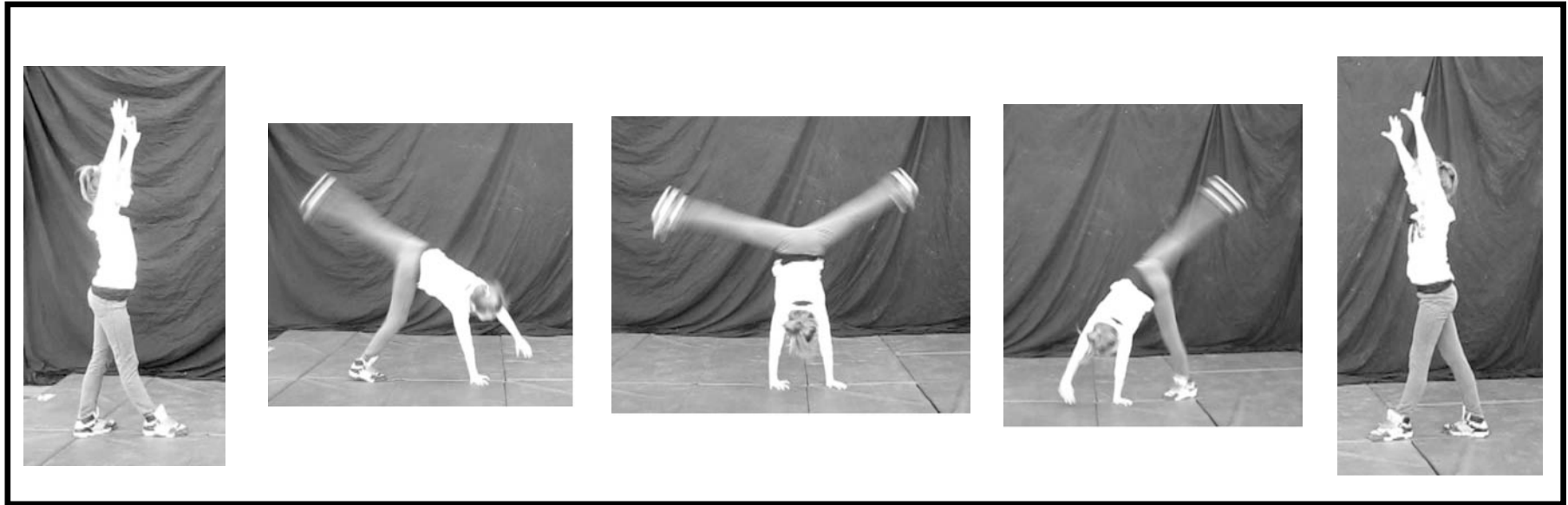
BEAR STAND



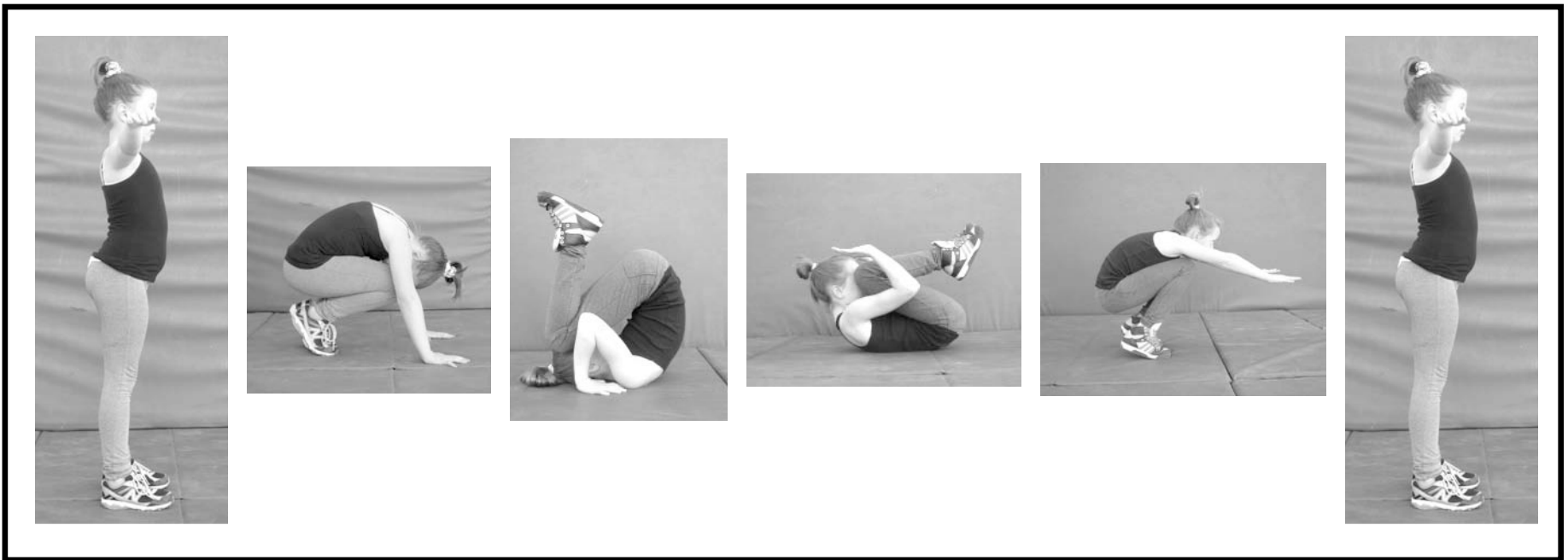
Locomotor Skills

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

Cartwheel

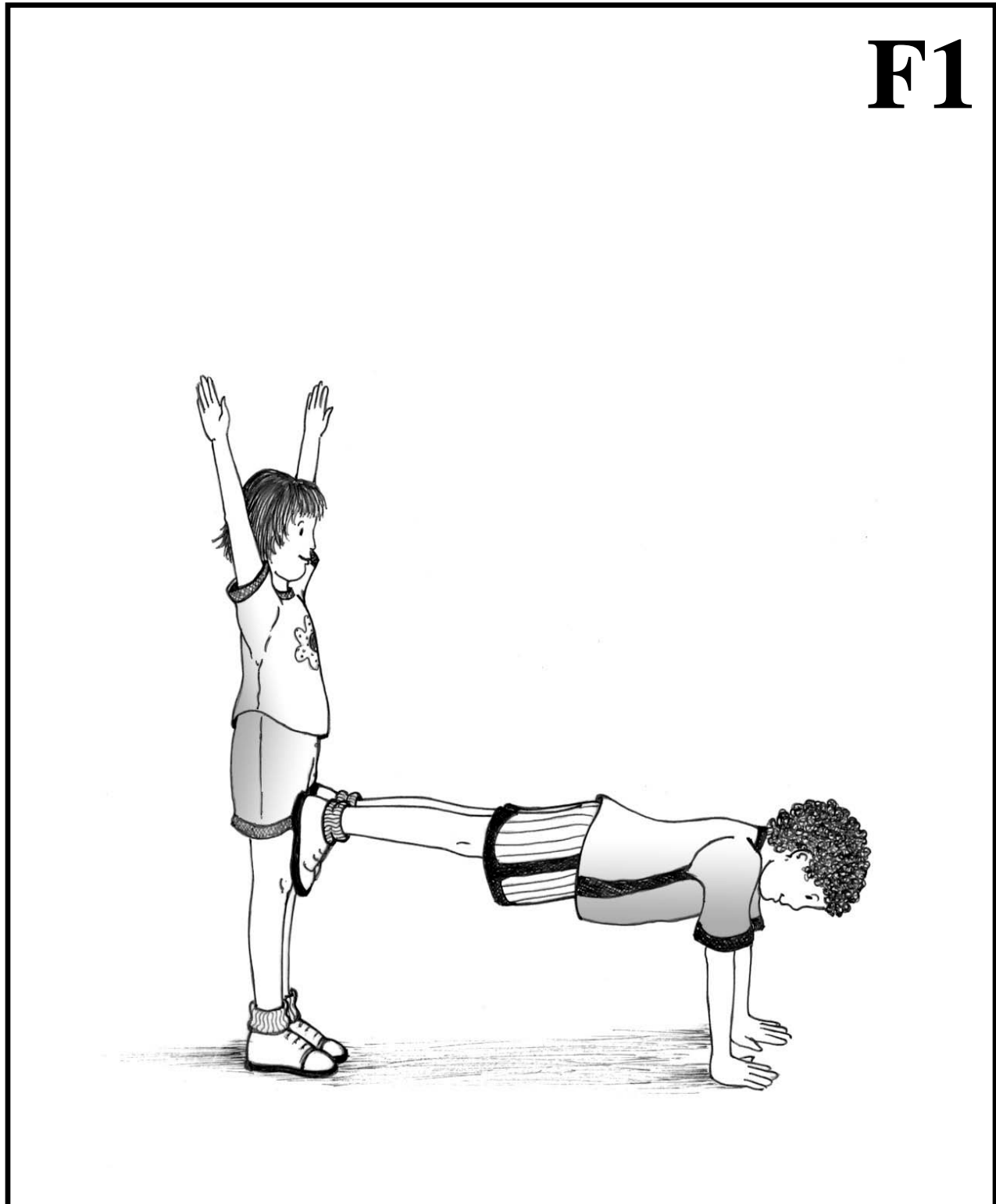


Tuck forward roll



Group Figures in Pairs

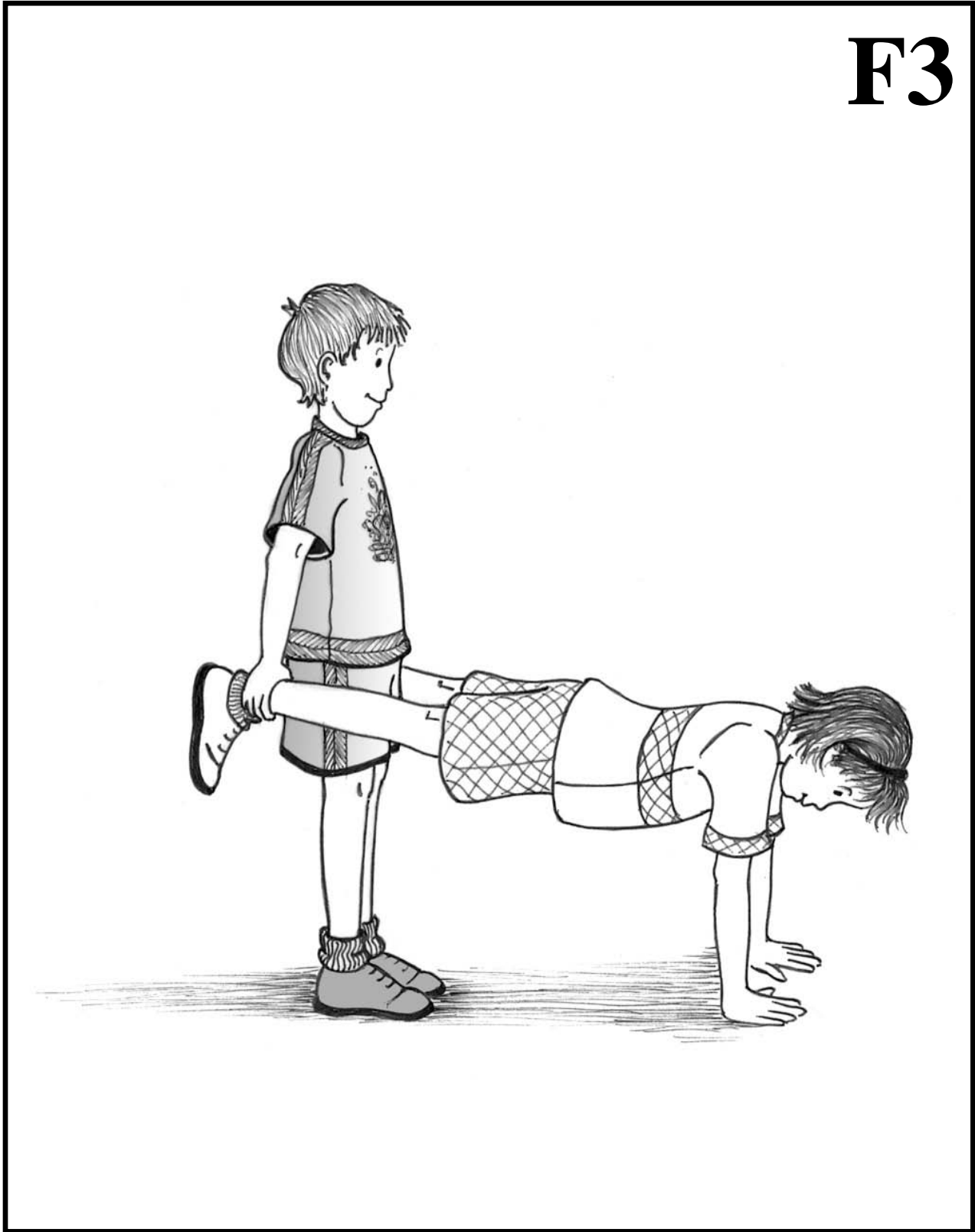
Examples of posters that can be used to show the different positions students may assume when performing group figures.



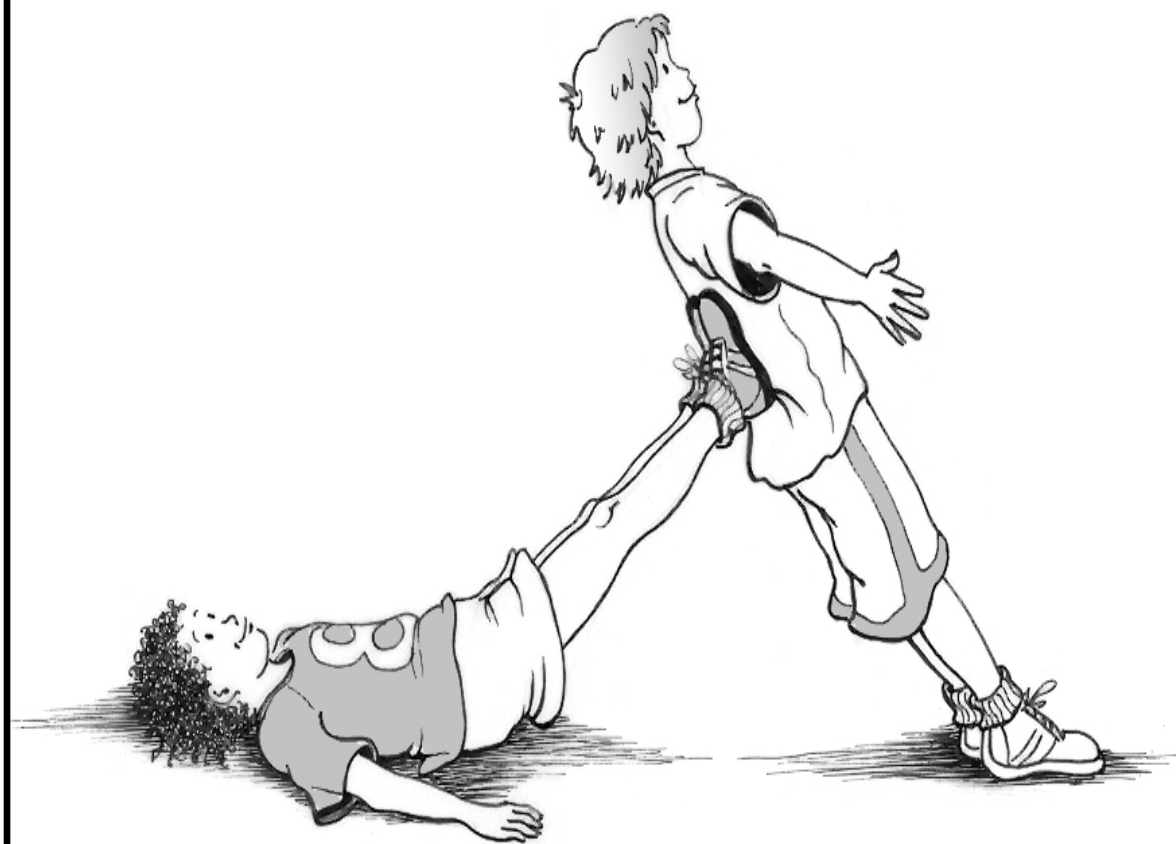
F2



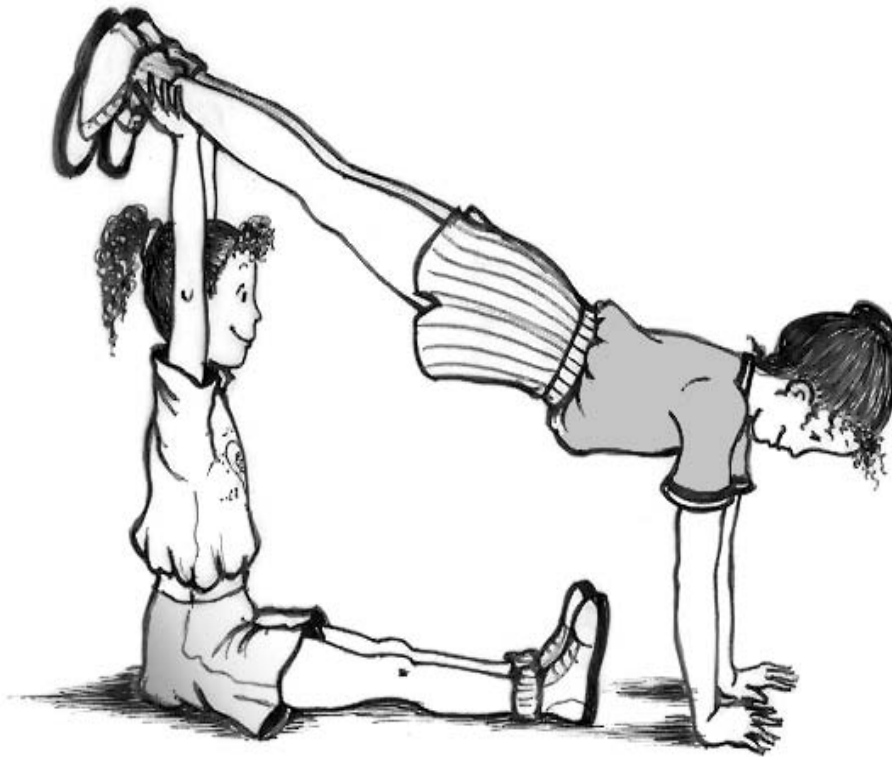
F3



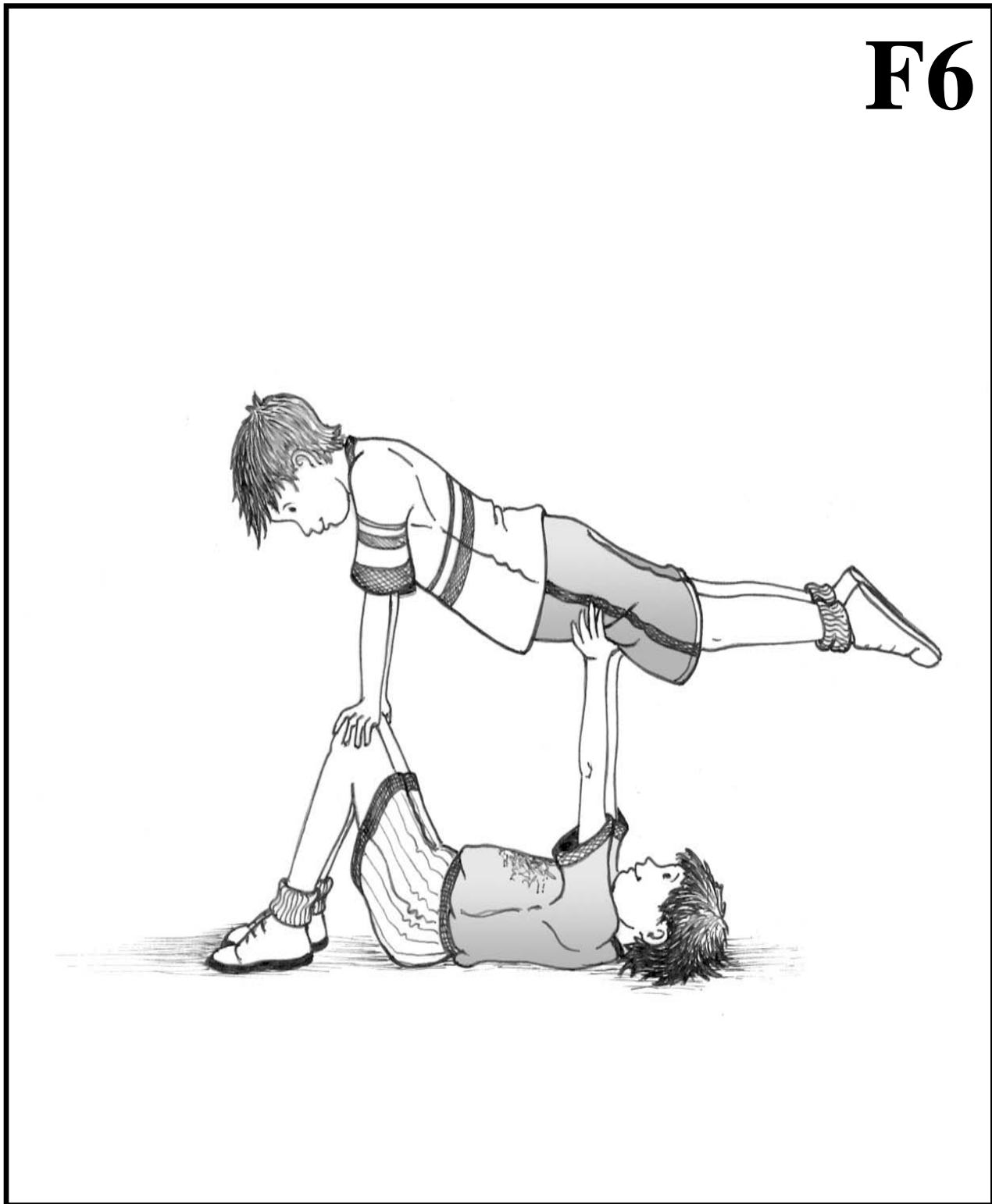
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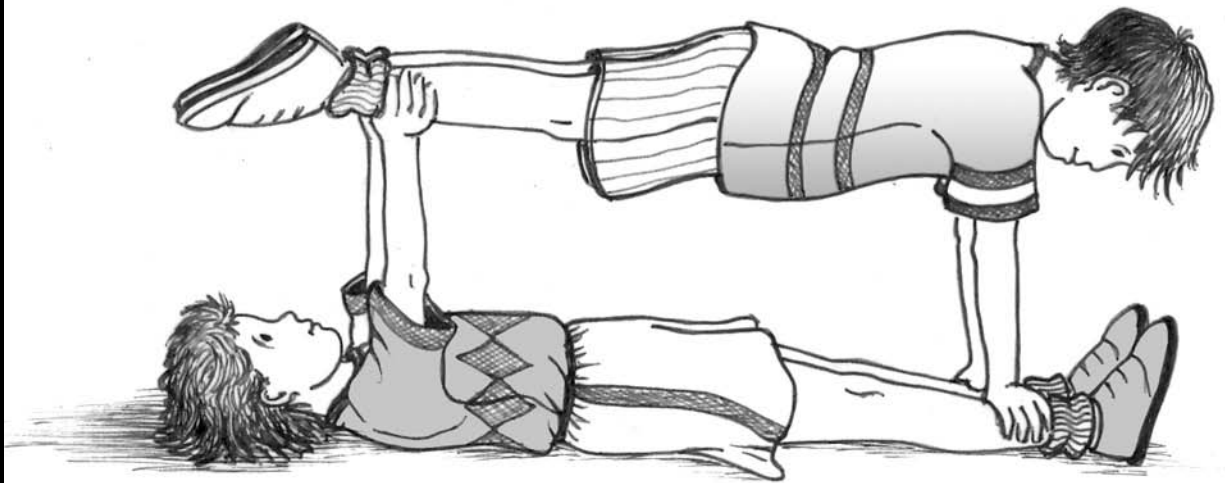
F5



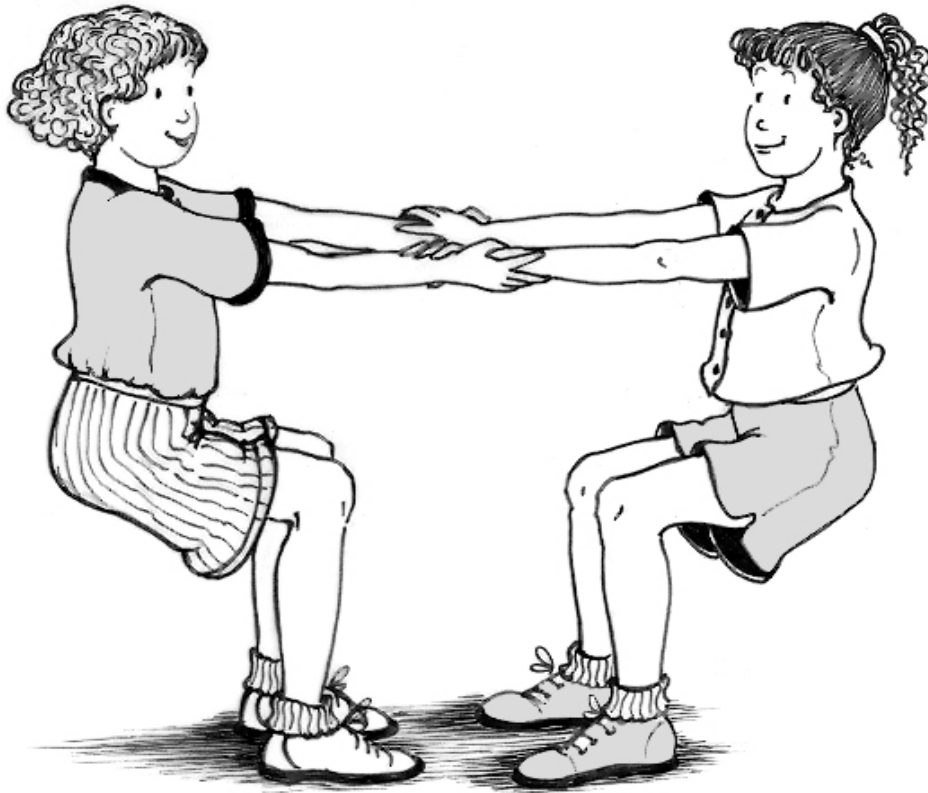
F6



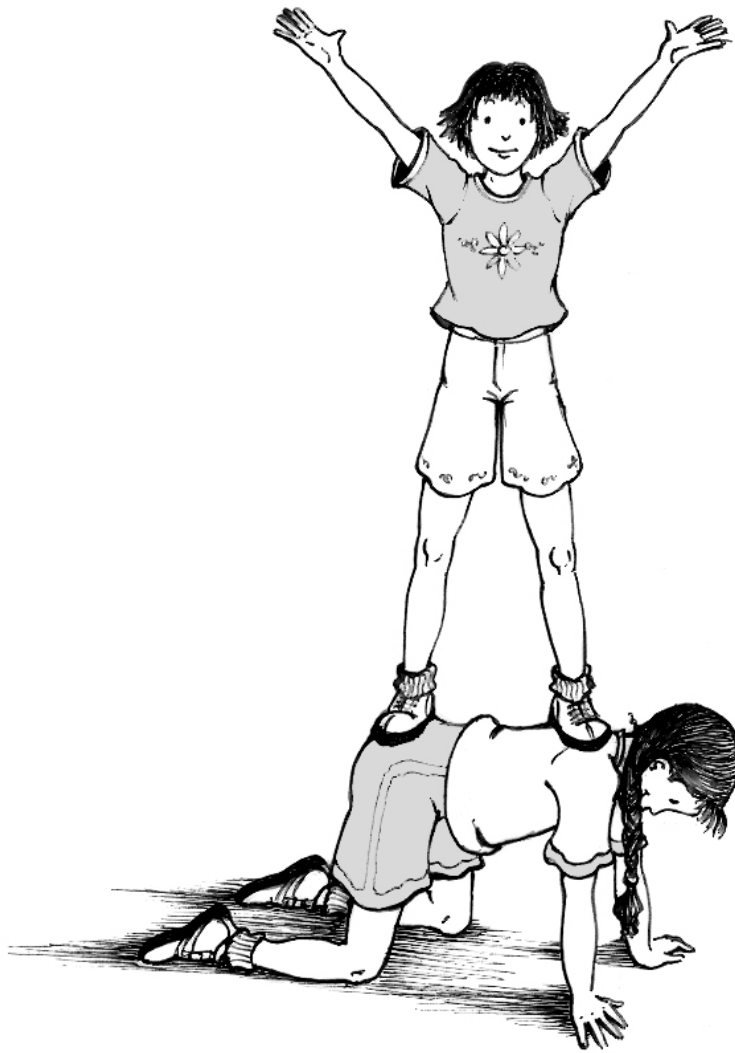
F7



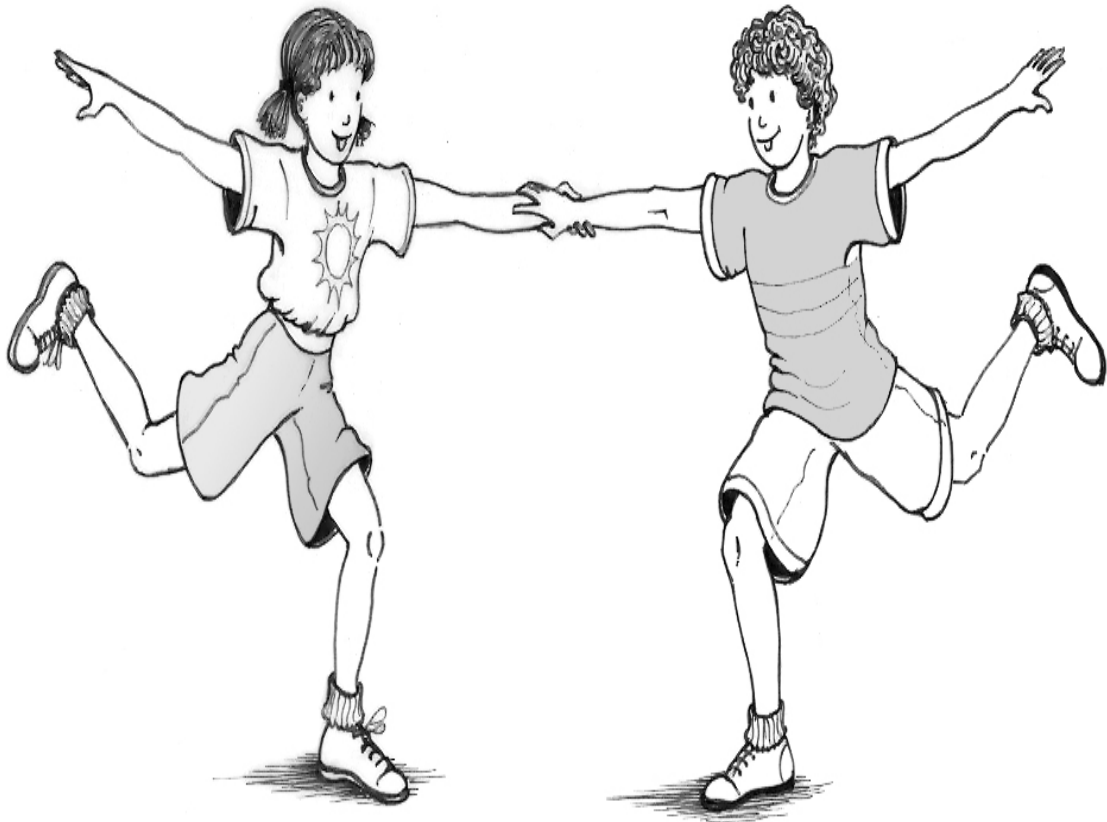
F8



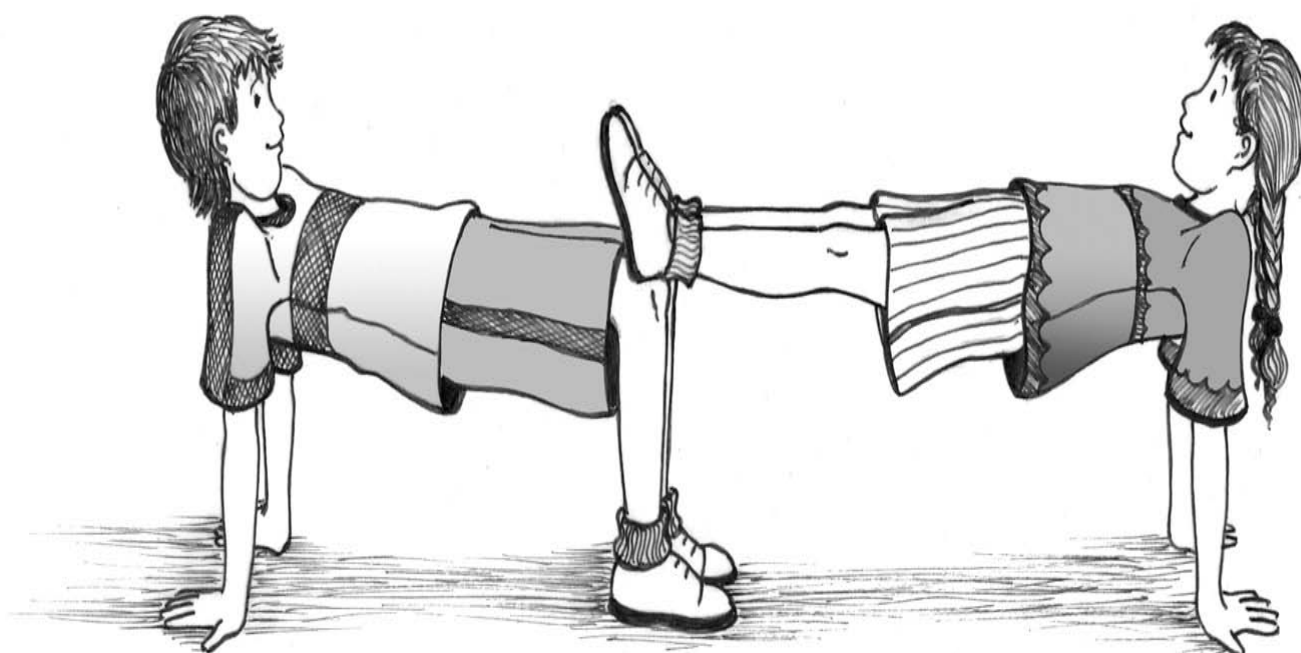
F9



F10



F11



F12



F13



F14

For students capable of doing a headstand



F15

For students capable of doing a handstand



