

**Create a performance in your groups in the following sequence...**

1. Group Balance
2. Form of locomtion
3. Individual Shape
4. Form of Locomotion
5. Individual Balance
6. Form of Locomtion
7. A roll
8. James Bond (Side) Roll
9. Form of Locomotion
10. Group Balance to finish the sequence



**Locomtion** – running, skipping, jogging, crawling, spider walking, hopping etc.

**Shapes** – circle, square, rectangle, star, triangle, letter of the alphabeth etc.

**Rolls** – Pencil Roll, James Bond Roll, Teddy Bear Roll.

**Balances** – (1-6) Points of contact with the ground.

**Criteria:**

Each member must be involved in each aspect of the performance.

The performance must include everything that is bullet pointed on the previous page.

The transition between moves should smooth and elegant.

Hold each balance and shape for 5 seconds.

Each locomotion should last for the count of 5 seconds.