



Linking Gymnastics Moves into Smooth Sequences

KS3 PE Ages 11-14 ⌚ 3 min read

What Makes a Good Gymnastics Sequence?

A **gymnastics sequence** is when you perform **multiple moves** one after another, connected smoothly together. It's not just about doing each move perfectly—it's about making them flow naturally, like a dance. Judges look for **control**, **balance**, and **creativity** when you link moves together.

The key to a great sequence is planning. Before you perform, you need to think about which moves work well together and in what order. Some moves naturally lead into others because they end in a position that makes the next move easier to start.

Think of it like telling a story with your body. Each move is a sentence, and when you link them together smoothly, you create a complete story that's easy to follow and enjoyable to watch.

How to Link Moves Together

To connect moves successfully, you need to think about your **finishing position** from one move and your **starting position** for the next. If you land from a forward roll and end standing up, you could naturally move into a cartwheel or a jump. But jumping from a lying-down position would be awkward and dangerous.

Good **transitions** between moves are essential. A transition is the way you move from one position to another. Sometimes you might need a small step, a pivot turn, or a quick balance adjustment to connect two moves smoothly. These transitions should look deliberate and controlled, not like you're struggling to get into position.

Think of it like a musical piece. You wouldn't suddenly jump from a soft, slow part to a loud, fast part—you'd have a smooth change in between. Gymnastics sequences work the same way.

Practice Makes Perfect

Building a sequence takes practice. Start by learning each move individually until you can do it safely and confidently. Then practice **linking just two moves** together repeatedly until the transition feels natural. Gradually add more moves, one at a time. Your teacher or coach can help you choose moves that suit your ability level and work well together. Remember that the best sequences aren't always about doing the hardest moves—they're about doing what you can do really well, with perfect control and smooth connections.