**CREATIVE MOVEMENT & MARTIAL ARTS SEQUENCE PLAN**

**Construct (draw diagrams) a plan of your routine and give a brief description for each of them.**

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS:\_\_\_\_\_\_\_\_\_\_\_**

1. 2.

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3. 4.

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5. 6.

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7. 8.

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9. 10.

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11. 12.

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13. 14.

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15. 16.

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17. 18.

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19. 20.

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***Describe the effectiveness of your plan based on your final performance.***

*(this part has to be done individually)*

***The questions below can help you answer the above:***

1. ***How did your plan include different creative movement & martial arts moves?***
2. ***How did you incorporate the music into your sequence?***
3. ***How did your plan demonstrate different floor patterns and levels?***
4. ***How similar was your final performance to your plan? Differences?***
5. ***Was your plan effective and why?***
6. ***Looking back at your performance, is there something you would have planned differently?***

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