

## This weeks Gymnastics focus is **BALANCING!**

### WARM UP: 4 times round!

- 10 x Jumping Jacks
- 10 x Bunny Hops
- 30 secs High Knees
- 30 secs Sprint on the spot

### • **STRETCHES:**

- 15x arm circles forwards
- 15x arm circles backwards
- Straddle stand hold 15 seconds (reach to floor)
- Pike stand hold 15 seconds (reach to floor)



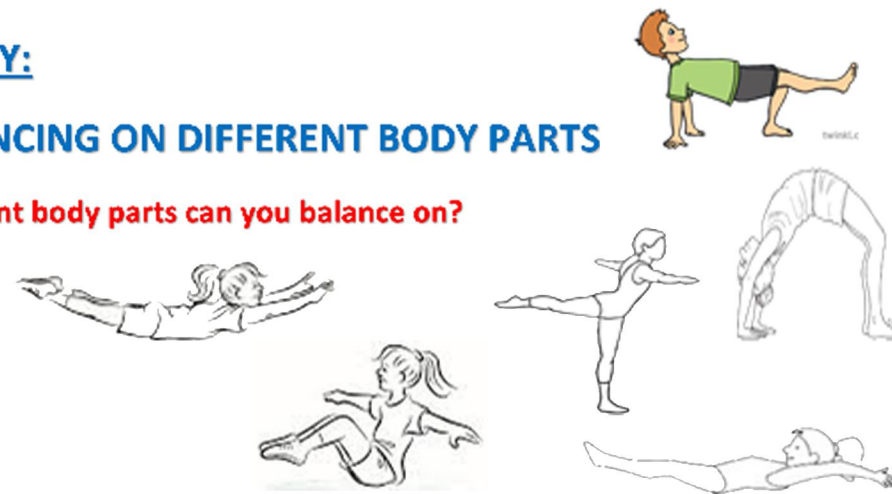
### MAIN ACTIVITY:

#### TASK 1: BALANCING ON DIFFERENT BODY PARTS

How many different body parts can you balance on?

#### Large Body Parts:

- Feet
- Tummy
- Back
- Bottom



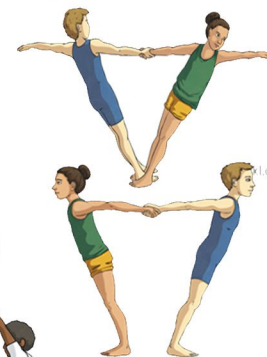
#### TASK 2: PAIRED BALANCES

With a partner/family member can you create the following balances?

- Matched Balance
- Mirrored Balance
- Counter Balance – Pushing against each other
- Counter Tension Balance – Pulling against each other

#### COUNTER TENSION

Use the images for some ideas! Try and Create Your Own!



## CHALLENGE

Can you create a 5 piece sequence with your partner using the different types of travels practiced last week and the different types of balances?

Including matched, mirrored, counter balances and counter tension balances.



#### MATCHED BALANCES

#### COUNTER BALANCES