

Spar Lancashire School Games

Create!

Gymnastic- Balance 2

Aim: To make a gymnastic sequence of travel and balance and roll

Video Demonstration

Tasks 1 - To travel on hands and feet

- Start off in front support position. (like a press up)



- Can you turn over and walk like a Crab?



Crab walk - Hands facing feet, tummy up, hips raised, walk forward.

(Q) Can you keep your tummy up?

(Q) Can you walk backwards to where you started?

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Task 2 - To balance using different body parts - from the crab walk position

Challenges

- Can you balance on 3 body parts?
- Can you balance on one hand and one foot?
- Can you balance on your back?
- Can you balance on your bottom?
- Can you think of any other balances from this position?

When we practice our balances remember the most important thing is to keep **still**.

In the challenges your balance must be held completely still for at least 3 seconds. (count 1 gymnast, 2 gymnast 3 gymnast in your head)

Try to point your fingers and toes to improve your balance

Task 3 - To rock and roll on your back

Rock and Roll

From the crab position drop your bottom down onto the floor and move into tuck position by curling up tight and tucking your chin to your chest.



(Q) Can you rock on your back three times?

(Q) Can you start with the crab walk, travel and then move smoothly into rocking on your back 3 times?



Task 4 - To create a sequence of travel, balance, roll, travel and balance.

For this task you need to choose your two favourite balances and your crab walk and rock and roll to create a gymnastic sequence.

Example

Starting position	Travel	Balance 1	Roll	Travel	Balance 2
Front Support then turn to crab walk	Crab walk	Balance on bottom	Rock and roll 3 times	Crab walk	Balance on two points

(Q) Did you keep still for 3 seconds on your balances?

Challenges

- Can you add a finishing position?
- Can you make a longer sequence?
- Can you do your sequence in reverse?