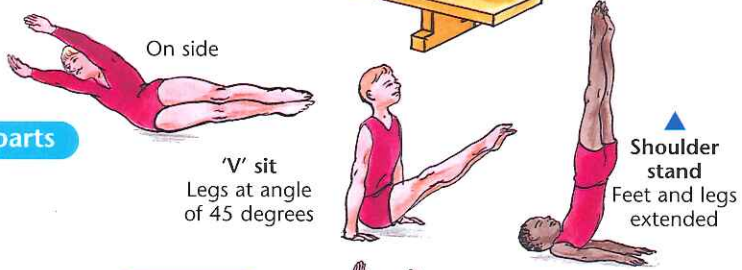


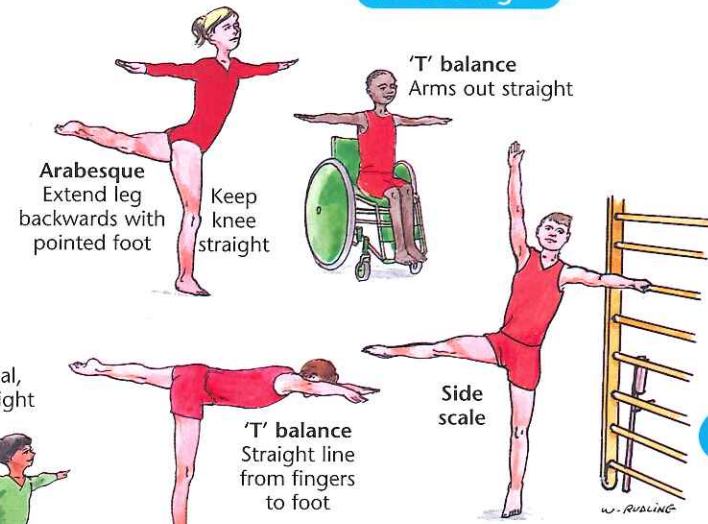
Set in stone

- Whole class moves around to music.
- When the music stops each child must hold a balance for at least three seconds.
- The teacher can vary the number of body parts used to make the game easier or harder or to fit with the content of the main part of the lesson.

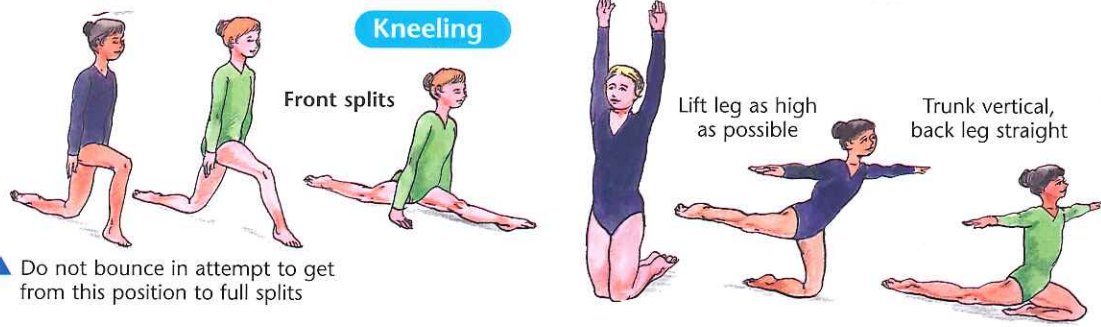
Large body parts



On one leg



Kneeling



▲ Do not bounce in attempt to get from this position to full splits

Think INC.

Make use of additional support including equipment and partners to stabilize the shape. Wheelchair users may prefer to be out of the chair or learn to balance on their wheels, with brakes off, using a partner at first.

Vocabulary

Control, still, static, support, degrees, angle, lunge, scale, arched, hollow, diagonal, horizontal, lever, coupé, passé, battement

Safety: Ensure the children: ▲ do not put weight on back of head or neck in shoulder stand or inverted shapes ▲ do not force, bounce or feel pain in attempt to achieve splits or range of movement

- when performing balances with hands, keep palms flat on floor
- have sufficient space for their work and are aware of others when completing tasks
- have been warmed-up and know how to lift and carry equipment properly.