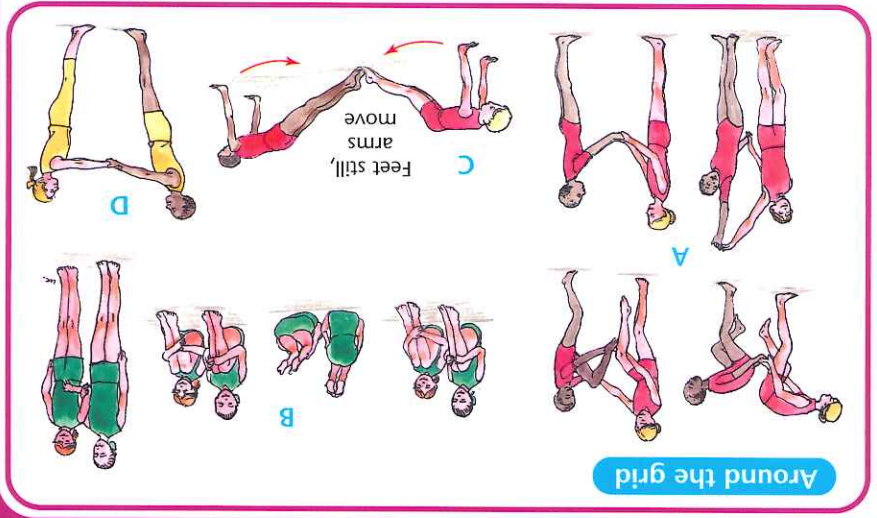
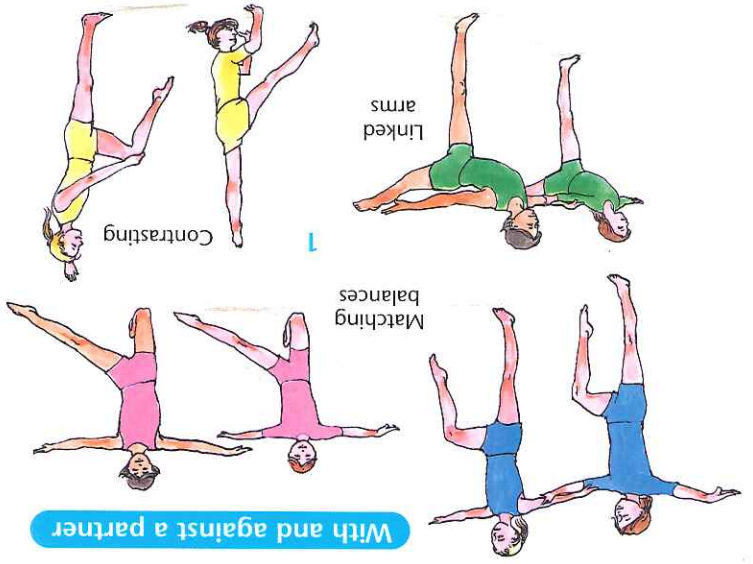


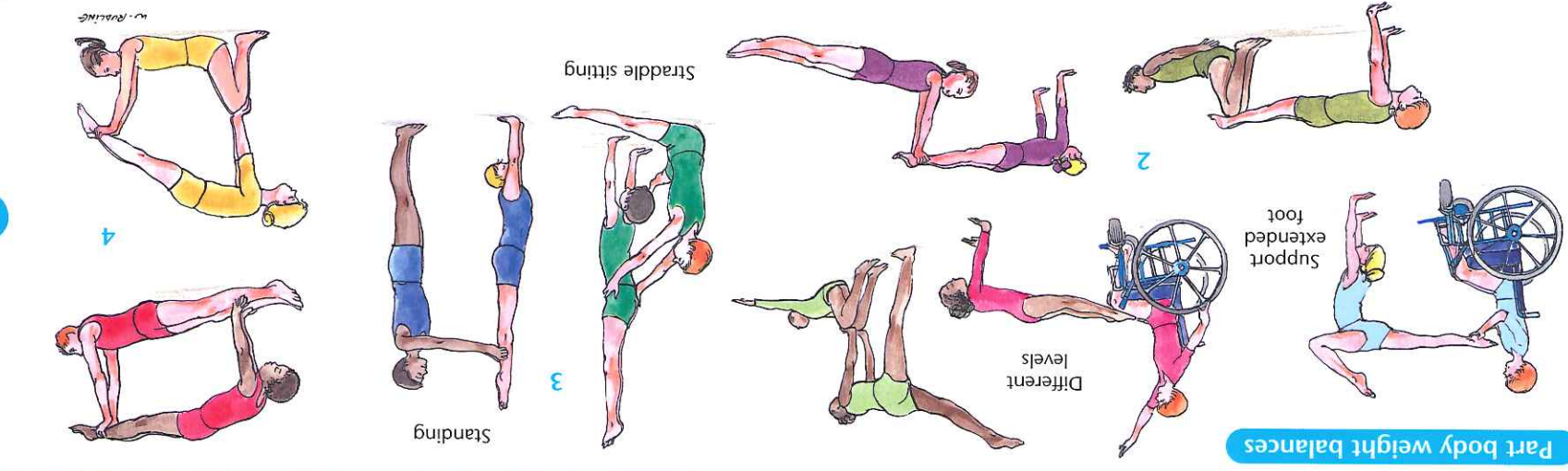
Double up . . . Working with a partner



Around the grid



With and against a partner



Part body weight balances

Supported handstands

Full body weight balances

Around the grid

- Working in teams of eight, first pair starts at point A and performs skill then moves to corners B, C and D in turn.
- As soon as they finish at A, second pair can start and then follow them round the grid. Then C and so on.

At A: Step in and out.
At B: From sitting, rock and stand back, elbows interlocked.
At C: Window wipers, interlocked.
At D: Hold counter balance facing each other for three seconds.

Think INC.

Disabled and non-disabled children should participate equally with both taking a fair share of supporting. Remember, a wheelchair makes a wonderfully stable base to work from.

Vocabulary

Base, top, grasp, pair, trio, supported, contrasting, counter-balance, matching, tension, stable, union, co-operate, complement, synchronise, trust, adapt

Safety: Ensure the children: • are in appropriate pairs (when progressing towards weight taking balances, one in each pair should be stronger and heavier than partner to take on the role of 'base') • are taught progressively, moving from assisting partner to do a balance, through simple counterbalances, to taking part of body weight • have had a good grounding in individual skills that require tension and extension • allow sufficient space around pairs to prevent them coming into contact with others. **▲ N.B. Do not expect everyone to achieve balances where the base takes the whole body weight of partner. Do not attempt to teach balances where part or full weight of partner is supported without having attended an appropriate training course.**