



Balancing

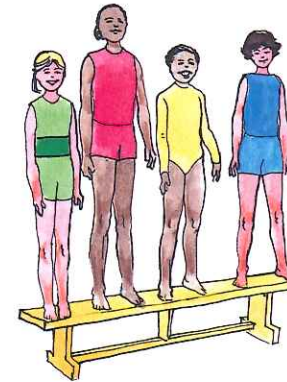
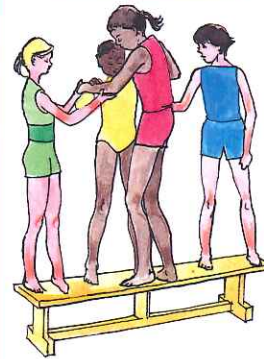
Use arms for control



Pull on arms



Switching places



Travelling

Land in controlled tuck shape

Keep head up, push into controlled jump



On

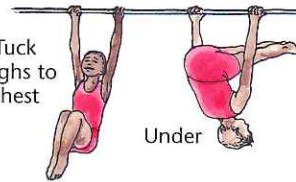
Onto



Off



Tuck thighs to chest



Under



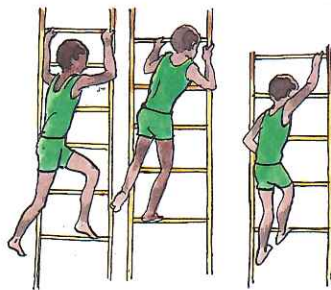
Through
Under grasp
pull on arms



Held
Arms straight,
clear shape

Climbing

Keep a firm grip

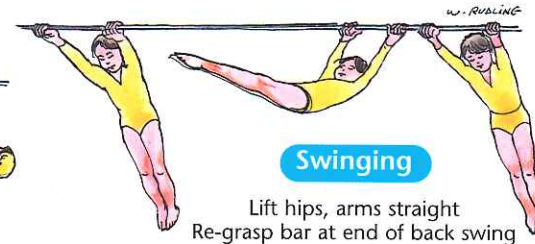


Keep three point contact



Swinging

Lift hips, arms straight
Re-grasp bar at end of back swing



Switching places

- Stand at opposite end of an upright bench to your partner.
- Approach from opposite directions. Pass without stepping off onto the floor.
- Can you find different way to pass each other?

Variations

- Make the game more difficult by using a floor beam or upturned bench.
- In teams of six, switch places on the bench so that everyone is in alphabetical order according to their first name.

Think INC.

Apparatus that is wider or lower may need to be used. Consider the use of trampolines, trampettes or inflatable equipment for rebound activities.

Vocabulary

Grip, over grasp, under grasp, twist, turn, slow, quick, pause, stop, accelerate, decelerate, poise, stamina, towards and away, timing