



PE Lesson:

GYMNASTICS: BALANCE TIME

How many different body parts can you balance on?

- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite 3 balances. Can you add them together to make a sequence.



Perform your sequence to someone else. What do they think?



Top Tips!

Be Still!

All balances must be held completely still for at least 4 seconds.

Make your balances excellent by pointing your fingers and toes.

Lets Reflect

Can you hold your balances still?
If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of putting your sequence together?



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