

Spar Lancashire School Games

Games

Create!

Gymnastic- Balance

Aim: To make a gymnastic sequence of travel and balance

Video Demonstration

Tasks 1 - To travel like a caterpillar.

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



- Can you walk like a Caterpillar?
Walk feet forward towards hands (legs should try to keep straight, take little steps), hands remain still. Then walk hands away from your feet, feet stay still.



(Q) Can you keep your legs straight?

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

Task 2 - To balance using different body parts - From the front support position

Challenges

- Can you balance on 3 body parts?
- Can you balance on one hand and one foot?
- Can you balance on 6 body parts?
- Can you balance on your tummy?
- Can you think of any other balances?

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

If you are wibbly wobbly what can you change so that you are very still?

Task 3 - To create a sequence of balance, travel, balance.

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

Example:

Starting position	Balance 1	Travel	Balance 2
Front Support	Tummy Balance	Caterpillar Walk	2 point balance

(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?