

♪ ● ♪ (*Musical warm-up could be used here*)

Warm-up (i) Travel about the hall moving in different directions - remember to always look where you are going and be aware of others.



(ii) Travel about the room, sometimes on feet and sometimes jumping through the air.

(iii) Run in and out of each other and jump to turn in the air.



(Repeat several times and establish that some turning jumps from two feet to two feet show symmetrical shapes and turning jumps taking off from one foot are generally asymmetrical)

Floorwork (i) Stretch up in a star shape all together, then lean to one side and take one foot off the ground and stretch it out to the side (*asymmetrical*).



(ii) Stand on both feet and move your trunk, head and arms in different ways to take up different asymmetrical shapes.

(iii) Balance asymmetrically on various "patches" or "points" to find several shapes where the whole body is asymmetrical.

(Here it may be appropriate to develop the shoulder balance.)

(iv) Can you move from one asymmetrical shape into another one?

(Emphasise the stillness of the shape and smooth moving into the next shape.)



(v) Take your weight on your hands and kick one leg up into the air. *(Remember strong arms, head up.)*

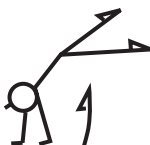
Kick one leg up into the air and then change legs to come down.



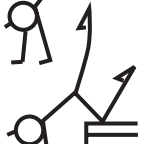
(vi) Can you find ways of rolling asymmetrically?

(Try starting and finishing in a standing position.)

Apparatus (i) Explore the apparatus by travelling between, over, under, along in various ways.



(ii) Can you find different ways to balance on, under, along or against apparatus showing a symmetrical shape? *(Demonstrations of ideas.)*



(iii) Can you travel between the apparatus in a symmetrical way then use a clear piece of apparatus to hold an asymmetric balance for 3 seconds before moving on again?



(iv) Can you hold an asymmetrical balance using the apparatus then move smoothly into an asymmetrical balance on the floor?

Concluding activity

Balance asymmetrically in three different positions to show high, medium and low positions.