



WORKING TOGETHER - SYNCHRONISATION AND CANON

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

**Warm-up**

(i) Move about the room in different ways and on a signal stop in a HIGH balanced position. (*Repeat several times.*)



(ii) Move about the room in different ways and on a signal stop in a LOW balanced position. (*Repeat several times.*)



(iii) Move about the room in different ways and on a signal stop in a balanced position of your choice a different one each time. (*Repeat several times.*)

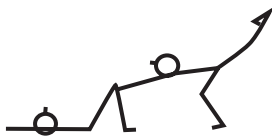
**Floorwork**

(i) Find a balanced position on three **small** body parts.



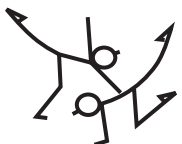
(*Repeat several times then show a demonstration to discuss what LEVEL the balance tends to be on - MEDIUM*)

(ii) With a partner No. 1 take up a balance on a low level (*using large body parts e.g. back, front side, hips*), No.2 take up a balance on a medium or high level. Move closer together and see if you can touch or make contact with your partner's balance (**different** body parts in contact.)



(*Show demonstrations and discuss the combined shape is **asymmetric** and shows two levels.*)

(iii) Experiment with balances (*demonstrations to generate ideas and use card 18.*)



Choose a favourite one.

(iv) Stand away from the mat. Use canon movements to move smoothly into the balance.



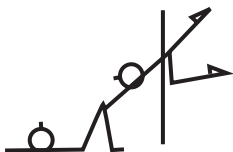
(*Demonstrations to show moving in from different directions and using different travelling movements.*)

Have a starting position and practise to make the movement smooth and hold the balance for three seconds.

**Apparatus**

(i) Explore over, under, along and through the apparatus.

(ii) With your partner can you use the idea of your balance on the floor and adapt it so it can be used with apparatus?



(*N.B. Both partners do not need to be ON the apparatus e.g. No.1 on the floor and No.2 on **apparatus**, No.1 **under** the apparatus and No.2 **against** the apparatus etc.*)

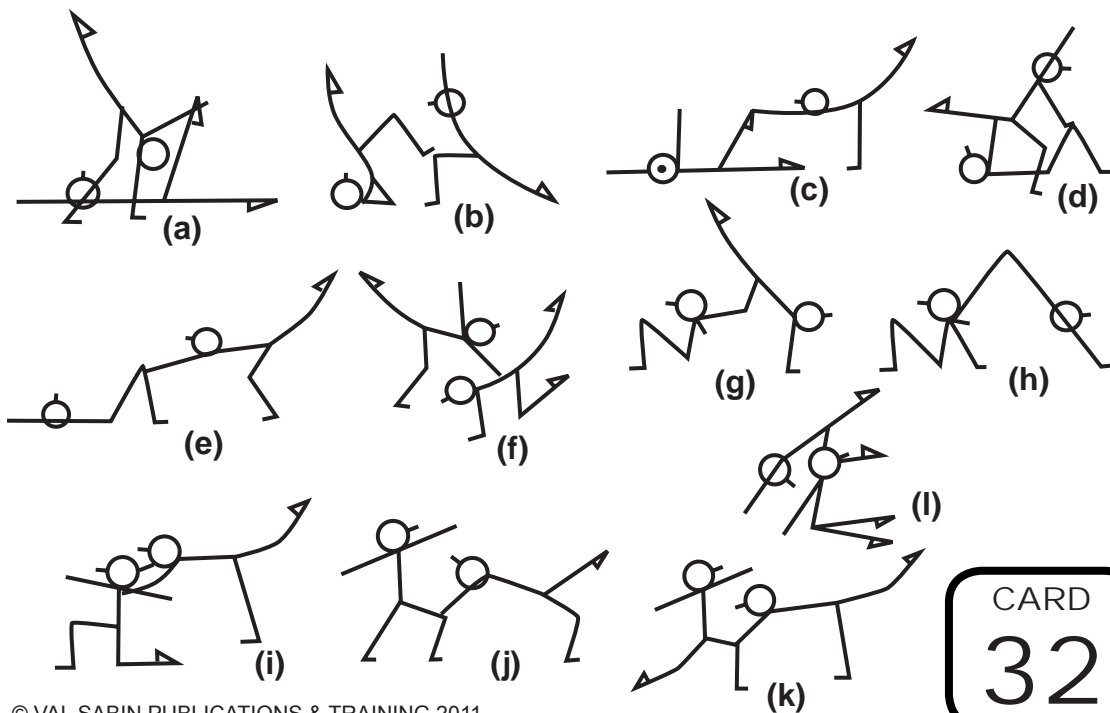
Hold your balance for three seconds.

(iii) Can you move **into** the balance using **canon** movements and away again using **synchronisation**?

**Concluding activity**

Move smoothly and continuously through balances on different levels - hold each position for three seconds before moving slowly into the next one. (*Could use Track 14*)

## PARTNER - SYNCHRONISATION AND CANON



## SYNCHRONISATION & CANON-SEQUENCE CHECKLIST

- Compose a sequence which includes 3 combined balances, synchronisation and canon.
- (a) Use different levels and shapes
- (b) Use different directions and pathways
- (c) Use different speeds

N.B. Use this card to check the composition of your sequence and check the sequence of another pair.