

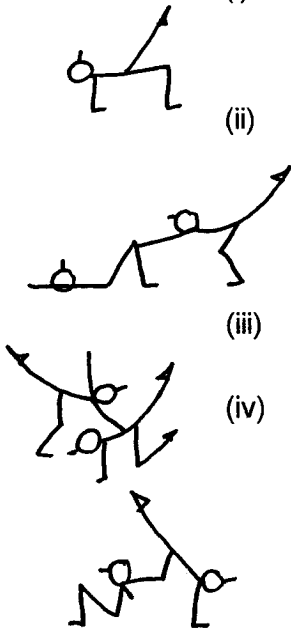


**Warm-up**



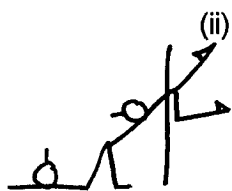
- (i) Move about the room in different ways and on a signal stop in a HIGH balanced position. *(Repeat several times.)*
- (ii) Move about the room in different ways and on a signal stop in a LOW balanced position. *(Repeat several times.)*
- (iii) Move about the room in different ways and on a signal stop in a balanced position of your choice. *(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, 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.  
*(Show demonstrations and discuss the combined shape is asymmetric and shows two levels.)*
- (iii) Experiment with balances *(demonstrations to generate ideas.)*. 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 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 the 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.