

PE LESSON

Year 3

20.1.21

PE – GYMNASTICS – LESSON 1

BALANCES

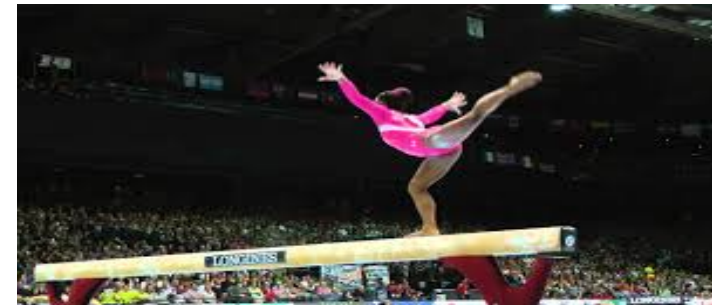


Today we will be practising our **balancing skills**,

After a warm up, example at <https://www.bbc.co.uk/programmes/p0885t55> and checking with an adult to make sure you have a safe and suitable area to work which is clear of hazards. Can you practise some balancing at home today?

A gymnast would:

- **Hold a balance for 5 seconds**
- **Have tension and extension in their muscles**
- **Create clear shapes with their bodies which look good**
- **Hold balances at different levels in a routine**



1. Create and practise as many of the balances on the next pages or come up with some of your own that you can. Remember to be safe and follow the rules above.

2. Then choose 5 you are best at. Practise them linked together. Can you link these into a smooth balancing routine which has as few errors in as possible?

3. Take a photograph/video of your routine or draw a picture of your routine into your book with your 5 balances labelled.



GYMNASTICS ABC

BALANCES & SHAPES

HAVE FUN EXPLORING THESE DIFFERENT
BALANCES, SHAPES, AND POSITIONS! SEE IF YOU
CAN INCLUDE THESE IN YOUR PERFORMANCES AND
FEEL FREE TO ADD YOUR OWN FLAIR TO EACH ONE!



FRONT SUPPORT



BACK SUPPORT



SIDE SUPPORT



PIKE STAND



BRIDGE



KNEE SCALE



ARABESQUE



FRONT SCALE



SIDE SCALE



V SIT



L SIT



TUCK SIT



PIKE SIT



STRADDLE SIT



HOLLOW BODY



ARCH



L HOLD



TUCK HOLD



STRADDLE HOLD



STRIDE SPLIT



STRADDLE SPLIT



HALF SPLIT



HANDSTAND



HEADSTAND



SHOULDER STAND



TRIPOD STAND



RELEVÉ



COUPÉ



PASSÉ



LUNGE



KNEE LUNGE



TABLE TOP

SINGLE BALANCES



HALFWAY
HANDSTAND



BROKEN
CANDLESTICK



SPLIT
STAND



THE PEG LEG



THE ANKLE
HOLD



PLANK



SIDE
PLANK



ELBOW
STAND



SUNSHINE



BRIDGE



TOE TOUCH



SITTING
TOE TOUCH



CRISS CROSS
APPLE SAUCE



WARRIOR



SIDeways
STRETCH



DAZZLER



LAZY
TOE TOUCH



TOE POINTER



SPLIT



AIR CHAIR



HANDSTAND



HEADSTAND



TRIPOD



CANDLESTICK



HANDSTAND
STRADDLE