

Inverted Balances

Before trying this skill you must be able to perform Balances, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Balances in your sequence work. If you are not able to do any of the above you should practise Upright Balances.

Teaching Points

- Use between two and six parts of the body in contact with the floor
- At least one foot needs to be higher than your head
- Tummy up towards the ceiling
- Tummy down towards the floor
- Tummy to the side



Inverted Balances

Adapting the activity

Enable

- Try with more or larger parts of the body in contact with the floor
- Use apparatus to help get feet off the floor and get centre of gravity higher

Challenge

- Try to use many different body parts
- Use apparatus

Health, fitness and well-being

- Co-ordination*
- Strength
- Balance*

If you can

- Perform Inverted Balances, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include Inverted Balances in your sequence work

You can now try an Inverted 4-point Balance

Questions

- What happens with more or less parts of the body in contact with the floor?
- Why does this happen?
- What helps you hold a still position?

