

T Balance Challenges

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

Challenge

- Rotate from Front T Balance through Side T Balance to a Balance with your chest facing upwards
- Perform on apparatus
- What else could you try?

If you can

- Perform a variety of T Balances, demonstrating a clear shape, good body tension and control.
- Effectively, fluently and efficiently include a Side T Balance in your sequence work

You have successfully completed all the activities in this family of skills

Links to future learning

With support from your teacher or gymnastics coach perform

- T Balance into Arabesque
- T Balance into Attitude
- T Balance into Needle Scale/Penche
- Side T Balance into Y Stand, Side Scale



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