

Eagle

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

Teaching Points

- Stand up straight
- Move into Side Lunge keeping arms out to the side
- Lean body slightly sideways and tip over supporting leg
- Arms stay at shoulder height and allow to move with body as you tilt sideways causing one leg to come off the floor



Eagle

Adapting the activity

Enable

- Star Shape
- Side Lunge
- Side Lunge with toe touching the floor

Challenge

- Straighten supporting leg
- Rise up onto balls of feet and spin
- Can you travel by spinning in this shape?

Health, fitness and well-being

- | | | |
|------------------|---------------|-----------------|
| • Core stability | • Strength | • Balance* |
| • Posture | • Flexibility | • Co-ordination |

If you can

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

You can now try a Side T Balance

Questions

- How far can you lean, still keeping the shape before you lose your balance?
- Why is this more difficult than a Heron Balance?

