

Heron

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

Teaching Points

- Stand up straight
- Trap the Mouse
- Lift arms straight in front of you, shoulder-width apart parallel to the floor
- Focus on a point at eye level in front of you
- Lift one leg in front of you keeping knee bent at 90° and parallel to arms
- Stretch foot and keep it close to supporting leg
- Keep supporting leg straight with foot flat on the floor and slightly turned out



Heron

Adapting the activity

Enable

- Stand up straight, lift arms straight out in front of you until parallel to the floor
- As above, but rise up onto balls of feet keeping arm out in front of you
- With hands by side, lift leg slightly off the floor
- Lift leg to correct position using arms in any way to balance

Challenge

- Use either leg
- Turn around
- Rise up onto balls of feet
- Rise up onto balls of feet and spin
- Change position of the free leg in front, behind to the side

Health, fitness and well-being

- Core stability
- Strength
- Balance*
- Posture
- Flexibility

If you can

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

You can now try a Stork

Questions

- How long can you hold this Balance?
- Can you close your eyes and still hold the Balance?
- Can you perform your Heron Balance on the other leg?

