

Side T Balance

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

Teaching Points

- Move into Side Lunge position
- Transfer weight to bent leg
- Straight bent leg
- Reach opposite arm to lifted leg trying to extend your leg and opposite hand as far away from each other as possible



Side T Balance

Adapting the activity

Enable

- Side Lunge
- Eagle Balance
- Use a partner to support your out-stretched arm

Challenge

- Rise up onto balls of feet
- Change your arms around using a partner to help you
- Can you rotate your hips to face the ceiling?

Health, fitness and well-being

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

If you can

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

You can now try the T Balance challenges

Questions

- How long can you hold this balance?

