

Twig Balance

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

Teaching Points

- Lie on side in a straight line
- Bottom arm stretched out above head
- Trap the Mouse
- Rest head on lower arm
- Other arm resting on body
- Lift upper leg into the air



Twig Balance

Adapting the activity

Enable

- Use upper hand in front of the body to support and use lower arm to support head
- Bend lower leg keeping upper leg off the floor

Challenge

- Raise both legs of the floor
- Different leg and arm positions
- Rolling into and out of

Health, fitness and well-being

- Core stability*
- Strength
- Posture

If you can

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

You can now try a Heron

Questions

- How do you control this Balance?
- Can you lift an arm and a leg?

