

Front T Balance

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

Teaching Points

- Move into Forward Lunge Position
- Keeping your arms above your head, lift your back leg off the floor
- As you lift your leg tilt your body forwards from your hips, keeping your arms above your head moving them slightly apart as you go
- Slowly straighten your supporting leg as you find your balance
- Finish in a T shape with your body and back making a straight line
- You should take your arms further apart until you can just see your hands



Front T Balance

Adapting the activity

Enable

- Perform a Heron
- Perform a Forward Lunge
- Perform a Forward Lunge and just lift back leg off the floor

Challenge

- Rise up onto the balls of your feet
- Perform an arch whilst holding your Front T Balance
- Can you spin on your supporting foot?

Health, fitness and well-being

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

If you can

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

You can now try an Eagle



Front T Balance

