

BALANCING WEIGHT TASKS

1. Support your weight on large body parts, e.g. back, hips, shoulders, side, front.
2. Put weight on one part of the body and hold still.
3. Put weight on one body part, hold still then transfer weight to another body part and hold still.
4. Find a way to move into a balance on one body part, hold still and find a way to move back to feet.
5. Select three large body parts to balance on and move from one to the other, holding still on each one. Identify starting and finishing position.
6. Balance on one part of the body and lift some other part high, change the balance and lift another part high.
7. Support weight on small body parts, e.g. combination of feet and hands, two feet and two hands, two feet one hand, one hand two feet.
8. Balance so that there are four/three/two parts of the body in contact with the floor.
9. Choose two different balances using hands and feet and find a way to move from one to the other.
10. Choose two different balances, one using hands and feet and one using a large body part and find a way of moving from one to the other with a roll, finish on feet.

11. Choose two different balances, one showing a stretch and one showing a tucked shape. Find a way to move from one to the other.
12. Perform a balance three times in sequence and link them together with a different movement.
13. Support weight on hands only keeping body in a tucked position.
14. Support weight on hands so that one leg is stretched in the air while the other lifts off the floor.
15. Support weight on hands while the body is extended.
16. Support weight on hands, transfer back to feet and move into another balance.
17. Create a sequence of three balances using a different shape for each balance.
18. Create a sequence of three balances which includes a balance on hands an inverted balance and a balance on some other part and link them with a jump or a roll.