

### BALANCING WEIGHT SMALL EQUIPMENT

1. Explore balancing on the bench using different large body parts.
2. Balance on one large body part on the bench and find a way to move out of it onto the floor then roll away from the bench.
3. Travel towards the bench, balance on the bench on a large body part and roll away from the bench.
4. Using different body parts, find different ways of balancing on the bench.
5. Select three balances and find a way of linking them moving along the bench.
6. Practice balancing on the bench using a combination of small body parts.
7. Practice balancing on hands on the bench and between the bench and floor.
8. Balance on the bench, step out of it and balance on the mat.

### BALANCING WEIGHT LARGE EQUIPMENT

1. Using different pieces of equipment, find different balances which can be taken on each piece.
2. Practice inverted balances on or against the equipment.
3. Balance on the equipment, travel to another piece of equipment and balance against this.
4. Balance on the equipment, put hands on floor and roll away.
5. Find ways of balancing with the body partly on the equipment and partly on the floor.
6. Select three balances on different body parts showing contrasting shapes and link them into a sequence.
7. Link three balances on the equipment showing changes of direction with each linking movement.
8. Select three balances using the equipment and link them together with movements of contrasting speeds.

### BALANCING WEIGHT EXTRA TASKS

A large rectangular area with horizontal dashed lines, intended for writing or drawing.