

WEIGHT TRANSFERENCE LARGE EQUIPMENT

1. Roll along, across, around the equipment layout starting in one position and finishing in another.
2. Roll along, across, around the equipment layout using a variety of shapes in the different rolls.
3. Using low equipment take a full turn jump, land and roll forwards.
4. Using low equipment take a half turn jump and roll backwards.
5. Jump from the equipment using one shape and roll using another shape.
6. Jump from the equipment and land facing one direction and roll to finish facing another direction.
7. Using low equipment run and jump off it using it as a spring-board e.g. one foot to two feet, two feet to two feet, etc.
8. Squat jump onto the equipment, spring off using a clear stretched shape in the air.
9. Get onto the equipment taking weight on hands and feet and spring off feet first.
10. Get over the equipment using hands only on the equipment.
11. Spring onto the equipment using hands and feet, change weight onto another part of the body and spring off from that part.
12. Using hands and feet, spring onto equipment in one direction and spring off using feet only in another direction.
13. Get onto equipment on some part of the body other than feet transfer weight from that part on the equipment and come off using hands first. Travel away using hands and feet in a straight line.

WEIGHT TRANSFERENCE EXTRA TASKS

A large rectangular area with horizontal dotted lines for writing.