

SYMMETRY & ASYMMETRY TASKS

- 1 Travel symmetrically using feet.
- 2 Travel asymmetrically using feet.
- 3 Bounce up and down symmetrically using feet.
- 4 Bounce feet in and out symmetrically.
- 5 Bounce on the spot symmetrically and travel forwards asymmetrically.
- 6 As in 5 but travel in different directions.
- 7 Take weight on a large surface and create a symmetrical balance / asymmetrical balance.
- 8 Balance on four points, making a symmetrical shape and move out of this balance.
- 9 Balance on three body points, making an asymmetrical shape and move out of this balance.
- 10 Balance in a tucked up symmetrical shape and move out to standing.
- 11 Balance in a stretched symmetrical shape and move to standing.
- 12 Balance in an asymmetrical shape and move out sideways.
- 13 Create a sequence which combines symmetrical and asymmetrical balances and uses changes of direction moving out of these balances.
- 14 Roll symmetrically, transfer weight to feet and jump asymmetrically.
- 15 Transfer weight from feet to hands to feet travelling forwards / backwards symmetrically
- 16 Transfer weight from feet to hands to feet asymmetrically by placing hands to the side of the body.

- 17 Rock between two body parts and move to feet symmetrically.
- 18 Roll asymmetrically, transfer weight to feet and jump symmetrically.
- 19 Rock symmetrically into a roll and continue rocking asymmetrically.
- 20 Balance symmetrically on hips, transfer weight by rocking into an asymmetrical balance on some other part of the body.
- 21 Transfer weight from a symmetrical balance to an asymmetrical one.
- 22 Make a sequence using symmetry and asymmetry which includes two hands and feet actions and two balances.

SYMMETRY & ASYMMETRY EQUIPMENT

- 1 Run towards bench, jump on and off symmetrically
- 2 Run towards bench jump on and off asymmetrically.
- 3 Travel along bench using hands and feet symmetrically. Repeat travelling asymmetrically.
- 4 Cross the bench using hands and feet/ whole body symmetrically. Repeat travelling asymmetrically.
- 5 Balance on the bench symmetrically, move onto floor and roll away asymmetrically.
- 6 Create a balance between the equipment and mat using symmetrical / asymmetrical shape. Find a way of moving out of these balances and away from the mat.
- 7 Balance either symmetrically/ asymmetrically away from the equipment, travel towards the equipment and balance on the equipment symmetrically / asymmetrically.