








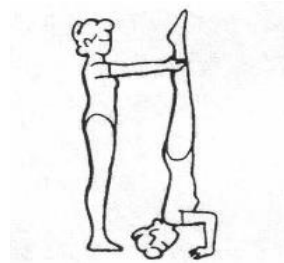




# KS3 PE

## Paired Gymnastic balances.

Difficulty	Tips	Paired balances.				Counter balancing:
<div></div>	<ul style="list-style-type: none"><li>- Always complete on mat.</li><li>- Ensure full extension.</li><li>- Hold for 3s</li><li>- Keep tension in your core.</li></ul>				<div><b>Counter balancing:</b></div> <ul style="list-style-type: none"><li>- Trust each other as you lean away.</li><li>- Keep a strong posture throughout the whole balance.</li><li>- Ensure participants know roles when top and base.</li><li>- Bases need to have a strong centre of gravity.</li></ul>	
<div></div>	<ul style="list-style-type: none"><li>- Always complete on mat.</li><li>- Ensure full extension.</li><li>- Hold for 3s</li><li>- Keep tension in your core.</li></ul>					
<div></div>	<ul style="list-style-type: none"><li>- Always complete on mat.</li><li>- Ensure full extension.</li><li>- Hold for 3s</li><li>- Keep tension in your core.</li></ul>					
<div><b><u>Routine Pointer:</u></b></div>	<div><div>START:</div><div>Individual Balance</div><div>➡</div><div>Travel</div><div>➡</div><div>Paired balance</div><div>➡</div><div>Travel</div><div>➡</div><div>Individual Balance:</div><div>FINISH</div></div>					

Key words:

Control.

Extension.

Tension.

Balance.