

<p>GYMNASTICS: Balance</p>	<p>Year 5+ (under 10 & above)</p>	<p>LESSON: 1</p>
<p>NUMBERS: 25+</p>	<p>www.inclusive-learning-systems.com</p>	<p>CHANGING TIME: 15 mins ACTIVITY TIME: 45 mins</p>
<p>LEARNING OUTCOMES</p> <p>KNOWLEDGE:</p> <p>Definition of 'Counter Balance' and 'Counter Tension'.</p> <p>COMPREHENSION:</p> <p>How different balances can link together into a routine.</p> <p>PERFORMANCE:</p> <p>Different types of individual and group balances.</p>		<p>THE USE OF THIS LESSON PLAN AND THE CONTENT OF THIS LESSON PLAN IS AT YOUR OWN RISK.</p> <p>The information on this Lesson Plan is presented for the purpose of educating participants on coaching and playing of various sports, and participation in various physical activities. No physical activity should be engaged in without first consulting a physician. Furthermore, Inclusive Learning Systems makes no claims about the safety or appropriateness of any information found on this Lesson Plan, nor about the results to be obtained from using this Lesson Plan or any content contained on this Lesson Plan and consequently cannot be liable for any resulting loss, damage or injury.</p>
<p>EQUIPMENT: Balance wall display, Gym benches, Gym mats, Music.</p>		
<p>ASSESSMENT</p> <p>Replicating balances from a wall display. Creating individual and group balances.</p>	<p>RISK ASSESSMENT</p> <p>Hazard: Floor impact. Muscle strain. Supporting body weight of others.</p> <p>Control: Observe pupils to check balances are performed in a safe way. Ensure pupils do not perform balances when cold. Group pupils according to size / physical strength.</p>	
<p>LESSON SUPPORT: N/A.</p>		

PURCHASE FOR FULL LESSON PLAN