

Key Knowledge and Concepts

Asymmetrical solo balances



Symmetrical partner balances



Asymmetrical partner balances



Word	Definition
Symmetry	Shapes/balances are the same on both sides if you put a line through the centre of the body.
Asymmetry	Shapes/balances are different on both sides if you put a line through the centre of the body.
Sequence	Combining a jump, roll and symmetrical/asymmetrical shape or balance.
Extended	Total flexion of limb, stretched as far as comfortably possible.
Solo	Lone working.

Health and safety

Mats indicate a dismount area. Replace mat if it moves during dismount.

Only attempt shapes and balances you feel confident in performing.

Only one person should use a piece of apparatus at a time.

Jump off apparatus onto mat only.

One child per section of climbing frame to avoid standing on hands.