

WEIGHT TRANSFERENCE TASKS

1. Step onto one foot and pivot on that foot. Continue pivoting on alternate feet.
2. Step, pivot, step into a turning jump.
3. Travelling round the room, spring from one foot to the other in a continuous action.
4. Lower body weight slowly to the floor and return to feet.
5. Take weight onto one part of the body and change to another before returning to feet.
6. Lower weight on feet first, roll onto hips, over one knee and back to feet.
7. Lower weight to a part of the right side of the body, then transfer to the left side and return to feet.
8. Find two parts of the body close to each other and rock from one to the other. Gradually increase speed.
9. Explore other parts of the body on which to rock.
10. Rock, build up speed and roll out of rocking action. Repeat.
11. Take weight on shoulders, body tucked up, rock, to land on feet. Repeat but land on feet from a different direction.
12. Combine different rocking and rolling actions and make them continuous.
13. Practice rolling forwards, backwards sideways using different starting and finishing positions.
14. Start rolling facing one direction and finish facing another.
15. Practice rolling using different combination of body parts.
16. Practice rolling using different body shapes.
17. Step, roll and spin.
18. Create a sequence using hands and feet, a spin and a roll in any order.

19. Taking weight on hands, take off from one foot, and swing leg high into the air.
20. As in 19 but change position of legs in the air and land on the other foot.
21. Practice jumping from two feet to two feet, one foot to the other foot, one foot to two feet, two feet to one foot and one foot to the other.
22. Select a jump showing a wide/narrow/tucked up shape and link it with a roll.
23. Select a turning jump and link it with a roll which has a change of direction.

WEIGHT TRANSFERENCE SMALL EQUIPMENT

1. Grip the bench and travel over getting hips high by taking off from one foot to land on two feet. Repeat from one end of the bench to the other.
2. Travel over the bench using hands on the bench and taking off from one foot to land on two feet on the other side of the bench.
3. Cross the bench or low equipment without touching it to take weight on hands on the landing side.
4. Cartwheel over the bench with hands on the bench or floor.
5. Start on the bench and roll onto the mat.
6. Roll towards the bench and jump to land on the bench.
7. Roll along the bench, move into a jump, staying on the bench all the time.
8. Grip the side of the bench with hands and travel along, taking off from one foot and landing on two feet.
9. Grip the bench with hands and travel over getting hips high by taking off from two feet and landing on two feet. Move from one end of the bench to the other in this way.