

SYMMETRY & ASYMMETRY EQUIPMENT CONT.

- 8 *Travel towards equipment symmetrically, use hands to get onto the equipment asymmetrically and balance asymmetrically.*
- 9 *Spring asymmetrically from the equipment, travel symmetrically to another piece of equipment, get on and balance asymmetrically.*
- 10 *Practise springing onto and off the equipment on hands and feet using symmetrical/asymmetrical actions.*
- 11 *Roll onto/along/off the equipment using symmetrical / asymmetrical actions.*
- 12 *Spring onto the equipment with an asymmetrical action transfer weight onto another part of the body and come off the equipment with a symmetrical movement.*
- 13 *Spring onto the equipment using hands transfer weight on the equipment, using an asymmetrical action and get off using an asymmetrical action.*
- 14 *Spring onto the equipment landing on some body part other than feet transfer weight onto feet using a symmetrical action and spring off asymmetrically.*
- 15 *Link movements ontoover/across/along different pieces of equipment using symmetrical and asymmetrical actions.*

SYMMETRY & ASYMM ETRY EXTRA TASKS

Lined writing area for extra tasks.

For further ideas of tasks refer to themes in unit 1 and in particular to the themes of balance and transference of weight