ROTATION USING EQUIPMENT CONT.

5 *Start on the bench and take weight onto hands, spring from feet to twist onto floor and roll away.*

6 *Take weight on feet on bench, twist to place hands on the floor and land to face a different direction.*

7 *Cross over, under, through, round the equipment using twisting and turning actions.*

8 *Balance on seat or knees on the equipment, pivot turn and lower the body onto the floor to balance, twist out to finish.*

9 *Balance on the equipment twist off and move away with a turning action.*

10 *Hold inverted balance on the equipment, twist so that feet arrive on the floor first and roll away.*

11 *Roll towards the equipment, balance on or against it, twist onto feet and spring away with a turn.*

12 *Balance on one part of the equipment and twist into a balance on a different part of the equipment.*

13 *Arrive on the equipment by turning into a balance, twist to come out of balanceonto the floor. Repeat on another piece of equipment.*

14 *Create a sequence of three actions on the equipment, two of which are turning actions and one which is not.*

15 *Create a sequence which shows the difference between turning on three different axes.*

16 *Travel to the equipment, use a twisting action to get onto the equipment, transfer weight by turning along the equipment and jump off to finish.*

17 *Create a sequence which travels towards the equipment with a turning action, twist to arrive on the equipment, use another action to change positions on the equipment and travel away from the equipment with a turning action.*

ROTATION EXTRA TASKS