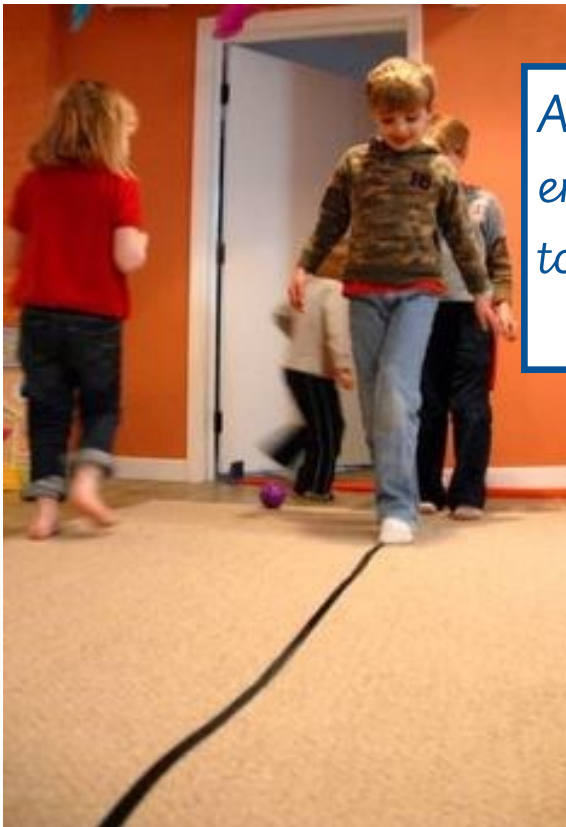




Balance

An even distribution of weight enabling someone or something to remain upright and steady.



P.E. Gymnastics My balancing routine

Which shapes can you make whilst balancing on a rope? Does your body have to do anything differently?

Can you do your routine to a piece of music? How does this change the way you move?

Starting balance

Ending balance

