Being Healthy, safe and active (Ss 1.1)

Moving our Body, Understanding movement, learning through movement (Ss 2.1, Ss 2.2, Ss 2.3)

Statics
1. Students must work together to create a static that incorporates all students all with different statics
2. Students must be creative with their movements and have a stable, effective base of support within their balancing group
3. Students must be

- Assessment is to be completed by the teacher as they watch and constantly observe all groups completing the pair and group activity
- Assessment is made at the end of class, with the teacher and students identifying the different

- Front scale

**Activity 2: Crack the egg and stability of front and back support**
- In pairs students are to test the strength of each other by applying pressure around the person holding the position
- Works on tight body preparation, being stable and having a secure base

**Activity 3: Handstands**
- Teacher to observe and slowly work the class up to complete a full handstand
- Bunny hops
- Tuck stand
- Scorpion half stand (assisted and unassisted)
- Handstand against a wall
- Full handstand (assisted and unassisted)

**Handstand extension:**
- Students to see how long they can hold a handstand for and challenge each other to walk and complete a handstand

**Warm up:**
- Students are to complete a handstand circuit as this will prevent injury when completing partner statics and group statics
- Dynamic and Static stretches are to be completed are a whole class to improve strength and flexibility

**Activity 1: Partner balancing statics**
- Students will be given a sheet of paper from the teacher with all different supports and positions that they will have to replicate and complete
- Make sure that partners are matched equal weight and height
- This activity encourages good body composition and stability within the base supports
- Rotate within your pairs so you get to engaged

**FMS, RE, GS**

16x gym mats
16x diagrams with balancing statics on them

- Knees at chest

**V-sit KTPs**
- Straight arms
- Straight legs at 45 degrees
- Point toes

**Shoulder Stand KTPs**
- Hands on hips
- Feet, knees, hips, shoulders all in one line in the air

**Handstand KTPs**
- Shoulders, hips, and legs all in a straight line, straight arms, both feet and knees together