

LEVEL	UNIT	LESSON Number 5	EQUIPMENT
Second Grade	Tumbling	Balance On Two Body Parts	Mats, Fun Stunt Cards, Control cones, Music, Stereo

### Objectives

The Students will:

1. Demonstrate all 21 of the fun stunts.
2. Demonstrate at least three different balances on two body parts.
3. Have fun.
4. Work safely.
5. Verbally describe how the body should be positioned above the base of support.
6. Verbally describe the body parts used to balance on.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1	15	<p>I will have twenty stations set up. Students will be two or less to a station. The music will play for thirty seconds and then they will move to the next station. If possible, have a mat at every station.</p> <p>When I say go, go to a station so there are no more than 2 of you at each station. At each station is one fun stunt. When you get to the station, try the stunt. Be sure to look at the card and read it so that you are sure to do the correct stunt!</p>	
Part 2	5	<p>Balancing on two body parts can begin with feet!</p> <p>Of course you can balance on your two feet, even though they are small body parts because of all the practice you have had. Balancing on other combinations of two parts might not be quite so easy</p> <p>Balance on two knees, one foot and one knee, one hand and one foot, head and foot, Elbow and knee.</p> <p>Discuss once again, how the body must be centered over the base of support, which in this case is the two body parts touching the mat.</p>	
Part 3	10	<p>Show me a balance on two body parts. Be sure you can hold that balance for at least five seconds. If you can, think of another two body parts you can balance on. Continue balancing on two body parts, holding each balance for at least 5 seconds before changing to a new two part balance.</p> <p>(Someone will come up with two hands, when they do, discuss the safety of falling back toward the direction they kicked up from. At this point I will introduce the Fun Stunt "Mule Kick".</p> <p>Remind them that if they feel themselves falling toward their back, they should tuck their chin in, bend their elbows and roll out instead of fall out of the handstand. Do not allow them to help each other, and if a student is not willing to try kicking up to a handstand, don't force them to. Remind those doing a hand stand that they should keep strong, locked elbows as they kick up to put their weight on their hands.</p>	
Closure	2	Describe some of the two part balances you did.	