

Gymnastics

Semi-Formal

What makes a good balance

Can you.....

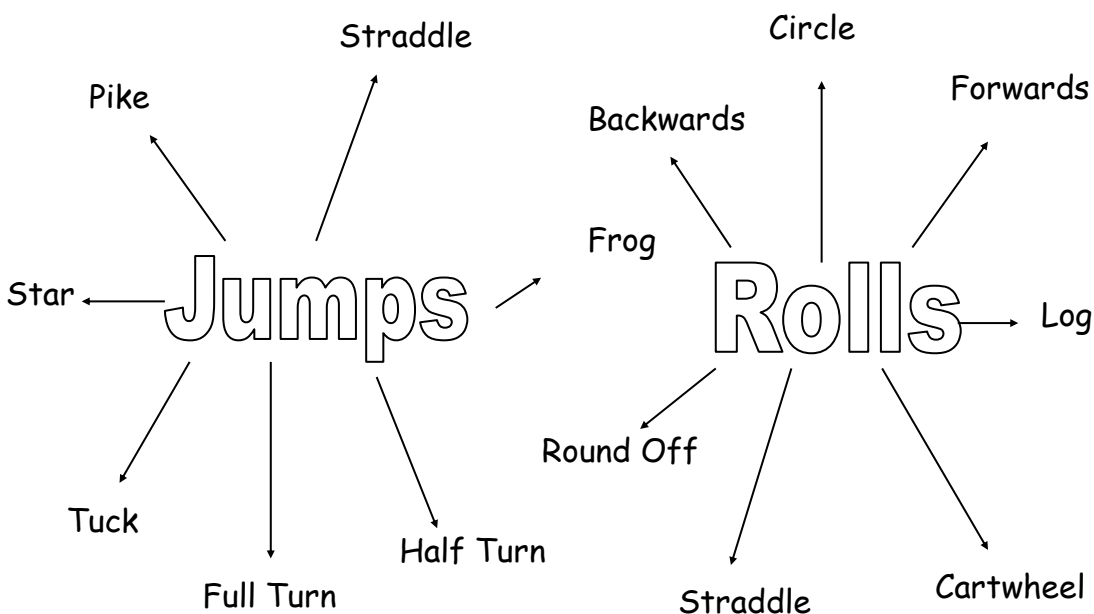
- Stay perfectly still?
- Hold the balance for three seconds?
- Point your fingers and toes?
- Keep your legs or arms straight?
- Show good body tension?

Balances should be included in all sequences, either within the sequence or as a starting/finishing position.



What is effective travelling

Various methods of travelling should be included in a quality sequence. Travelling can be used either as the main focus of a sequence or to link other components of the sequence together.



Improving the quality of a sequence!

Actions should be linked together within a sequence showing flow and control.

A sequence includes the starting and finishing positions, the actions included in the sequence and how they are linked together

Flow
Tension
Control
Shape
Pace

Travel
Direction
Levels
Direction
Levels

Pathway
Aesthetic
Speed