TUCK SHAPE

KNEES BENT

ARMS ON SHINS

AS SMALL AS YOU CAN
STAR SHAPE

![Image of a person forming a star shape]

- Arms wide
- Fingers pointed
- Head up
- Feet apart
Tall/Stretch Shape

Feet Together

Arms to the Sky

Head Forward

Tall and Thin
In your teams, one person must perform a gymnastics balance.

**Tuck**

**Star**

**Stretch/tall**

The other members must then place 2 or 3 beanbags on their body in different places. Count to 5 and see if they stay balanced!

Can you keep them balanced for 10 seconds?

Can you try each of the balances?

What did you do well?

What did you find hard?
Coach

Makes sure their group knows what to do and stays on task.

Encourager

Says positive things to help all members of their group.

"Great work"

"You're doing great!"
Recorder

Writes down all scores/answers for their group.

Equipment manager

Gathers and puts back all equipment. Makes sure all equipment is used correctly.
This week our coach is: ____________________________

This week our encourager is: ____________________________

This week our recorder is: ____________________________

This week our equipment manager is: ____________________________
What did your group do well today with your balances?

What things did your encourager say to help your group members?

What things did your team find hardest today?

Woow! You were awesome!