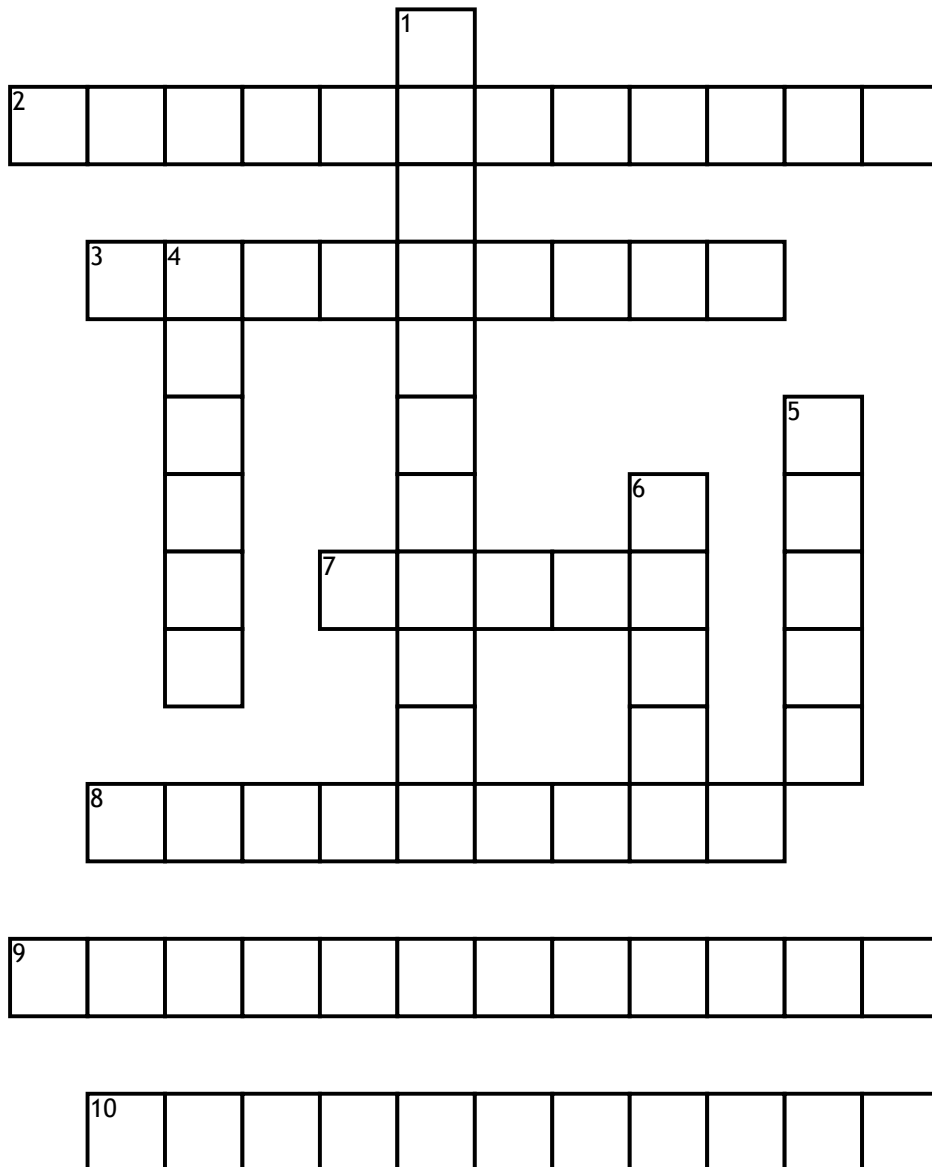


Name: _____

Date: _____

Level 1 Balance beam terms to learn



Across

2. As you step forward, lift the other leg up behind you with the leg straight.
3. Standing, lift a straight leg up behind you. Balance holding chest up and looking forward.
7. Stepping forward, drawing the 2nd foot to the inside of the 1st foot's ankle. 2nd foot does not touch the beam.
8. Both feet on beam, raise up on toes, turn both feet together to face opposite direction then lower to heels.
9. As you jump off the beam, open & close your legs while in the air, land in the freeze (SLP) position.

10. As you step raise the other leg forward in front without touching the beam.

Down

1. Support hold, swing 1 leg over beam to straddle sit. Place feet on beam behind, press down to stand up on beam.
4. Walking high on tip toes.
5. Step forward & bring other foot up to the inside of the knee of the 1st leg.
6. Lunge pose, lift back leg up 1st, lowering upper body to beam then lift chest while returning to lunge pose.