

Name/Title: Noodles Can't Balance Educational Gymnastics

Purpose of Event: To teach students the various concepts they need to know and practice to perform a variety of static balances (tight muscles, symmetrical / non-symmetrical, inverted / upright, couterbalance / countertension).

Prerequisites: Students will need experience with tightening their muscles to make their bodies rigid and capable of balancing. They should also have had some experience with supporting their weight on their hands (fully or partially).

Suggested Grade Level: 3-12

Materials Needed:

[Newer version of Power Point gymnastics power point](#), folding gymnastics mats (1 mat for every 3-4 students).

[Gymnastics power point with lots of images for students to replicate](#). (Older Versions of Powerpoint)

[Gymnastics power point with lots of images for students to replicate](#). (PDF)

Description of Idea

The teacher can either project or copy the educational slides off of the static balance power point. The teacher chooses which concept they want to teach on any given day (tight muscles, symmetrical / non-symmetrical, inverted / upright, counter-balance / counter-tension, aesthetic appeal (does it look good)). They show the appropriate pictures to the students and then print off pictures from the power point that exemplify these concepts. The students then try to replicate the balances shown in the pictures. They can also create static balances of their own that show their knowledge of the concepts.

[Gymnastics power point with lots of images for students to replicate](#). (Older Versions of Powerpoint)

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[Gymnastics power point with lots of images for students to replicate](#). (PDF)

Assessment Ideas:

The teacher can take digital photos of the students performing various balance concepts (i.e

inverted balance, non-symmetrical balance, etc.) as evidence of learning. The teacher can also place 2-3 pictures on a 1/2 sheet of paper and ask the students to circle the balances that represents the concept you are assessing (i.e. symmetrical balance).

Teaching Suggestions:

Multiple lessons can be formed by using the educational gymnastics power point on PE Central as a guide.

Spotting should not be required. Otherwise, the student is not ready to perform that balance yet.

Adaptations for Students with Disabilities:

Students can perform static balances at various levels (e.g., low level), and can use other students for support in multi-person balances. Students can use the wheelchair or walker of a student to perform counter-balances, etc.

Submitted by **Ken Bell** who teaches at Boise State University in Boise, ID. Thanks for contributing to PE Central! **Posted on PEC: 3/8/2012.**

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