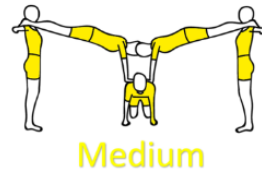
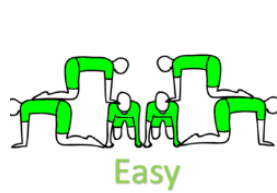




# Year 7 Gymnastics

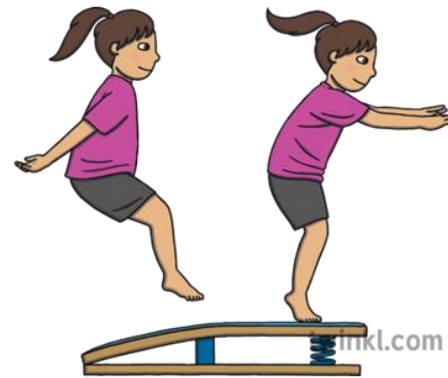


## GYMNASTICS GROUP BALANCES



5+

Hard



**Cumulative** - each dancer does part of the phrase and starts at different times but all dancers end at the same time.

Gymnast 1	1	2	3	4
Gymnast 2		2	3	4
Gymnast 3			3	4

This can be varied to add more interest and excitement

Gymnast 1	1	2	3	4
Gymnast 2		2	4	
Gymnast 3	1	3	4	

### COUNTER TENSION



### COUNTER BALANCE



### Canon:

**Reverting** - In a reverting canon each dancer does the entire phrase from beginning to end, this can either be overlapping or non overlapping

Reverting overlapping canon - the dancers could come in after one or two movements or after a set amount of counts.

Gymnast 1	1	2	3	4		
Gymnast 2		1	2	3	4	
Gymnast 3			1	2	3	4

**Simultaneous** - all dancers do the same phrase at the same time but start at different points

Gymnast 1	1	2	3	4
Gymnast 2	2	3	4	1
Gymnast 3	3	4	1	2

