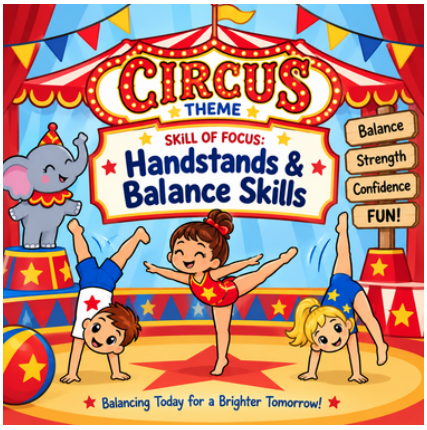

WARM-UP

SOF: HANDSTANDS & BALANCE SKILLS

THEME: CIRCUS

Warm-up song: Funny Clown (sing/say song acapella - no music)

Perform the "Funny Clown" song 3 times:

- 1st time: very slowly
- 2nd time: a little faster
- 3rd time: Super-Sonic fast!



Funny Clown

Original Author: Unknown

Sung To: "Teddy Bear, Teddy Bear, Turn Around"

- Funny clown, funny clown, Spin around.
- Funny clown, funny clown, Jump up and down
- Funny clown, funny clown, Touch your toes.
- Funny clown, funny clown, Honk your nose.

After song practice these poses and skills to get students ready for their stations:

- One-foot balance
- Y-balance
- Knee scale (will be performed later on the balance beam)
- Super arch
- Donkey kicks
- One-foot donkey kicks
- Clown-kick handstands



KNEE SCALE



Y BALANCE



ARCH



CLOWN KICK HANDSTAND