

1  **Balancing, Transferring Weight & Rolling Actions**  
Non-manipulative Skills

2  **Balancing**

- Balance: stability from even distribution of weight on each side of the vertical axis.
  - **Static Balance**: keeping a desired shape in a stationary position.
  - **Dynamic Balance**: keeping an “on-balance” position when in motion.

3  **Balancing**

- Key Teaching points:
  1. Easier to balance over a wide base of support than a narrow base.
  2. Center of gravity should be aligned over the base of support.
  3. Extensions beyond the base of support to one side require extensions in the opposite direction for counterbalance.

4  **Transfer of Weight (ToW)**

- To travel is to transfer weight on hands, on feet, & on different body parts.
- All locomotor skills are skills that involve ToW.
  - Traveling is the most common form of ToW.
    - Once traveling is mastered, children are ready to transfer weight onto specific body parts.

5  **Rolling Actions (RA)**

- Rolling is the ToW to adjacent body parts around a central axis.
  - Once children become competent in RA & inverted balances, they can try combinations of RA & the use of gymnastic apparatus.