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| Weight Transfer Grade 2 |
| 3Learning Goal | **Students:*** **3A-**Transfer weight from feet to different body parts/bases of support for balance and/or travel. **(S1.E9.2)**
 | Forward roll\*SPARK Skill Card-Forward roll to sit |
| 2 | **Students:** * **2A-**Attempting to transfer weight from feet to hands for momentary weights support.
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| Weight Transfer Grade 1 |
| 3Learning Goal | **Students:*** **3A-**Transfer weight from one body part to another in self-space in dance or gymnastics environment. **(S1.E8.1)**
 | Egg roll (example, but not limited to) |
| 2 | **Students:** * **2A-**Transfer weight from side to side demonstrating some critical elements.
 | \*(Examples-not maintaining proper form, not getting to knees, letting go of tucked position) |

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| Weight Transfer-Kindergarten­­­­­ |
| 3Learning Goal | **Students:*** **3A-**Transfer weight from one body part to another in self-space in dance and/or gymnastics environments.  **(S1.E8.1)**
 | Log roll-(example movement but not limited to)* Rolls sideways in a narrow body shape (log roll) demonstrating all of the critical elements three to five times in a row.
1. Lie on your front, legs straight and together, arm together and overhead
2. Roll over onto your back and continue until you are on your front again
3. Keep your body straight
4. Try the other direction

Kangaroo Jump, Puppy dog run, Bear Walk, Gorilla Walk, Rabbit Jump, Crab Walk, Seal Walk, Elephant Walk, and Inchworm |
| 2 | **Students:** * **2A-**Transfer weight from side to side demonstrating some critical elements of a narrow body shape (log roll)
 | \*(Examples-not maintaining proper form, not keeping hands and feet together, unable to transfer weight) |