



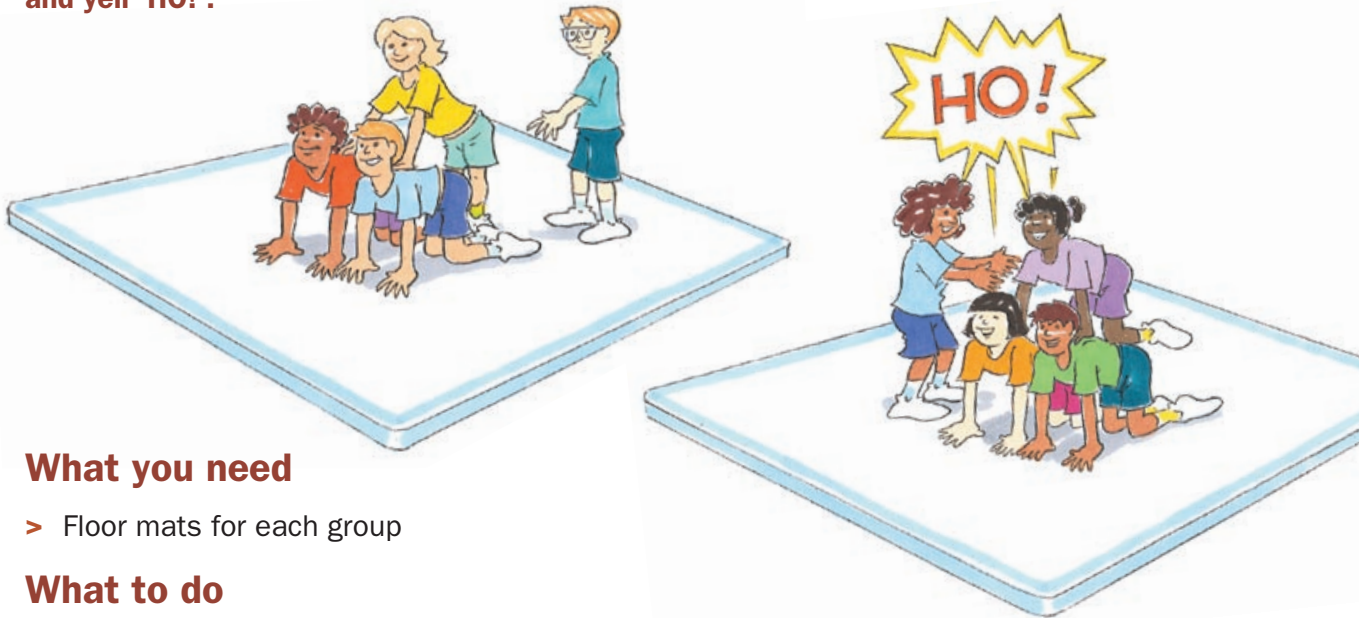
Australian Government
Australian Sports Commission

EASY MED HARD



Mini pyramids

In groups of 4, players build a mini pyramid. One player is on top of two others, and one player is a spotter. Once they are in position, players in the pyramid put their heads up to the audience and yell 'HO!'.



What you need

- > Floor mats for each group

What to do

- > Players form groups of 4 and nominate 2 players as a base, 1 player as the flyer and 1 player as the spotter.
- > Two base players form the bottom of the pyramid and are side-by-side on their hands and knees, with their wrists directly under their shoulders, their knees directly under their hips, with their feet and back flat.
- > With the assistance of the spotter, the third player (the flyer) forms the same position but on top of the base.
- > The flyer stands at the back of the bases, with a foot between each of the inside legs (calves) of the bases.
- > The flyer carefully places their hands on the inside shoulder of each of the bases, then places their knees gently and carefully on the base's lower hip and bottom area (not on the spine).
- > When in position, all 3 players put their heads up to the audience and yell 'HO!'.
- > Change roles and repeat.

Safety

- > Use a surface such as acromats or scatter mats.
- > Check there is enough space between players/groups and that players are away from walls and obstacles.
- > Reinforce straight line rules (i.e. hands under shoulders, flat backs, knees under hips, flat feet, no toes tucked under).
- > Always have smaller players on top and a larger player on the bottom, or have players of a similar size working together.
- > Players on top should not put weight onto the base player's spine.
- > Make sure the group stays focused.
- > Spotters must never take their eyes off the flyer.
- > Take care in guiding the flyer down — one foot down first, then climb off carefully.
- > If anyone feels uncomfortable or unsure about performing the pyramid, don't make them.

LESSON LINK:

Mini pyramids is an activity that develops teamwork and encourages safe entry and exit for balancing activities.

SESSION PLANS

Combos > Start Out MV 02A + Start Out MV 03A + Get Into It MV 08

