

OVERVIEW

DURATION	15 mins
AGES	8+
PACE	0.00 - Stationary
RPE	5.0 - Heavy (Strong)
STAGE(S) OF ATHLETIC DEVELOPMENT	Active for Life Late Entry Learn to Train (Age 9-12) Train to Compete Train to Train Train to Win
SKILL LEVEL	Beginner, Intermediate
DEVELOPMENT FOCUS	Fundamental Movement Skills Body: Balance Life Skills Social: Working with others Physical Capacities Strength: Core Strength
EQUIPMENT	Mats
ENVIRONMENT	Classroom, Field, Gym, Hallway, Stationary, Track
CAN BE USED AS...	Game / Activity, Skill Lesson

Setup

- Divide participants into pairs and spread out in general space (not touching anyone) on mats.



Instructions

Introduce the activity and each of the poses that are to be performed, provide a basic demonstration of each as it is being introduced.

- One participant holds the pose while other participant provides feedback after each attempt.
- Participants attempt six different balances, trying to hold proper form.
- When participants fall out of the pose, they simply come back into it.
- Remind peers giving feedback to reference the skill cues.

Each participant should spend approximately 2 minutes on a pose, before trading roles with their partner.

Circulate among participants and provide feedback and guidance as required.

Variations: Other poses can be introduced into this challenge over time.

■ Tree Pose

 No Equipment




General Instructions

Perform the **tree pose** standing on each foot, begin with a 5 second hold and progressively increase to 30 seconds.

- Maintain personal and general (safe) space.

- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Stand with feet hip distance apart.
- Keep your eyes straight ahead.
- Shift weight slightly onto left foot.
- Reach down with right hand and clasp right ankle.
- Bring your right foot up.
- Place sole of right foot against inner left thigh.
- Hands extended overhead or at heart.
- Breathe deeply.
- Repeat on the opposite side.

■ Dancer Pose

 No Equipment



General Instructions

Perform the **dancer pose** standing on each foot, begin with a 5 second hold and progressively increase to 30 seconds.

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Stand with feet hip distance apart.
- Bend left knee, lifting foot up behind you.
- Grasp inside of left ankle with left hand.
- Kick back with leg into left hand as right arm extends out in front in a straight line.
- Keep your chest open and your shoulders back.
- Repeat on the right side using right instead of left cues.

■ Tripod

 No Equipment



Instructions


- Start in a squat position.
- Place hands down and out in front on mat.
- Lean forward, then shift weight onto arms.
- Place top of head out in front of hands on mat.
- Transfer all weight to the arms and create a triangle with your two hands and head.
- Perform the **tripod pose** for 5 seconds and progressively increase to 30 seconds.



Cues

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.

■ Side Plank Pose

 No Equipment



Instructions

- Start in a push-up position with straight arms.
- Shift onto outside edge of your left foot, then stack your right foot on top of your left.
- Swing your right hand onto your right hip.
- Turn your torso to the right.
- Support the weight of your body on the outer left foot and left hand.
- Align your entire body into one long diagonal line from the heels to the head.
- Stretch the top arm toward the ceiling, parallel to the line of the shoulders.
- Vary the length of each pose based on the ability of each participant.

Cues

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Communicate with your partner when to begin and end the challenge.

■ Crow Pose

 No Equipment




Instructions

- Arrange participants in pairs, facing each other.
- Place hands on mat, shoulder distance apart.
- Lower body toward ground.
- Get the knees as high up your upper arms as possible.
- Press knees into the upper arms.
- Draw elbows in toward the torso.
- Turn eyes to look forward in front of your hands.
- Shift weight forward.
- Press hands into the mat to round the upper back.
- Perform the **crow pose** for 5 seconds then progressively increase to 30 seconds.

Cues

- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.
- Communicate with your partner when to begin and end the challenge.

■ Side Crow Pose

 No Equipment



Instructions

- Get in a squat position with knees together.
- Keep your knees pointing forward and rotate your torso to the right.
- Set your palms firmly on the ground shoulder width apart, about a foot in front of you.
- Anchor into your palms, lift your hips up, draw your core in and begin to transition the balance of your body: left elbow into your right knee and right elbow toward the right waist and ribs.
- Think “nose toward the ground, butt to the ceiling” in order to lift your feet off the ground.
- Look forward slightly and lean forward, balancing your torso on your arms like a little shelf.
- Repeat on the left side.

Cues

- Maintain personal and general (safe) space.
- Plant balancing body part firmly on object.
- Keep weight centered over your base of support.