

## OVERVIEW

<b>DURATION</b>	5 mins
<b>AGES</b>	3 - 8
<b>PACE</b>	0.00 - Stationary
<b>RPE</b>	2.0 - Light (Weak)
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	Active Start (Age 0-6)
<b>SKILL LEVEL</b>	Beginner
<b>ENVIRONMENT</b>	Classroom, Corral, Gym, Hallway
<b>CAN BE USED AS...</b>	Game / Activity, Warm-up

**SHAPE America Standards:**

**Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

- S1.E7 Nonlocomotor (stability): Balance
- S1.E8 Nonlocomotor (stability): Weight transfer
- S1.E10 Nonlocomotor (stability): Curling & stretching; twisting & bending

Participant show how they can balance on different body part combinations.



## Instructions

- Ask participants to show how they can balance on different combinations of body parts. For example, can you balance on one leg, two knees, a knee and an elbow, your toes, three body parts, five body parts?

## Progression

- Ask participants to think of new ways they can balance and describe what they have done.
- Have participants show their balance to the rest of the group, and have the whole group try the new balance.
- Have participants try balances with a partner. For example, can you and your partner balance on three legs and an elbow, one hand and two bottoms, three body parts?