



PHYSICAL EDUCATION

BALANCING ACT

EQUIPMENT

A space safe to perform various balances with a soft floor, a tool for research (a tablet, smartphone or laptop/computer), if available, a video recording device (smartphone, laptop, tablet, GoPro)

SKILLS & LEARNING:

Research, balance, core strength, posture, technique

RULES

Research a list of balances and practice them

Take a photo or video yourself practicing each balance

Compare your attempt to the proper technique from your research

Make some notes to improve your technique, consider your posture and alignment

Try again!

Get somebody else to evaluate and give you feedback

Try again!

BALANCES

Low plank, high plank, wide plank, side plank

Superman balance

Dish and arch balance

Front support, back support

Sitting pike, tuck, star, straight, straddle, v-sit

Arabesque

MAKE IT HARDER

Create your own balances, experiment with using:

1, 2, 3 or 4 points of contact (parts of the body in contact with the floor)

Standing balances

Sitting balances

Large surface balances

Partner balances (use a partner, and create a balance involving two people)

