Week of May 19th – 22nd – “Balancing”

This week theme is "Static Balancing" - for 20 -30 minutes each day practice/play games using some of the balances below.

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| Skill Cues | Description |
| Static Balance | |
| Be still | Maintains a steady balance |
| Aeroplane Wings | Uses arms to maintain balance |
| Knees Bent | Lowers body, bends knees |
| Wide Base | Widens base of support |
| Look Forward | Focuses eyes forward |
| Hold | Holds position for 3-5 seconds |
| Balance on One Foot (i.e.: Stork Stance) | |
| Move | Maintains balance while using alternate stepping action |
| Good Posture | Maintains an upright posture, head still, standing straight (back in neutral position) |
| Aeroplane Wings | Maintains balance using arms as needed |
| Look Forward | Focuses eyes forward or on a target |
| Foot flat against leg | Places sole of foot (non-support leg) against inside of knee and thigh of support foot |
| Other foot flat on the ground | Places support foot flat on the ground |

***Games***: Please check out You Tube videos called:

“***Rock Paper Scissors Static Challenge***” – game can be played for points or just fun practice. Get a few friends, family members to join in. Use a soft surface ie: grass, mats, carpet, etc.

“***Dead Ant Continuation Tag***” – If you can get a group together. This game would be fun! Take some cones to set up a boundary area.