

Let's explore Balance

Today I challenge you to explore the idea of Balance.

The ability to balance is a key skill in many sporting activities. Developing your core strength and learning a few tricks will definitely help you to improve.



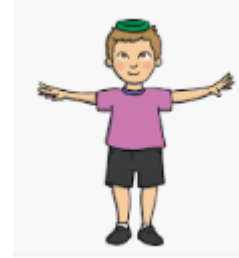
You could take a look at this PowerPoint about 'points of balance' and explore how you can create and hold different balances.

(On website)



Take a look at these websites for ideas:

<https://www.youtube.com/watch?v=roFT8mW6Eyk>



<https://study.com/academy/lesson/balance-lesson-plan-for-physical-education.html>

How long can you balance for?

Which leg is easier to balance on?

Can you balance a book, apple, ball or other objects on your head?

How many objects can you balance on top of your hand without them toppling off to the ground?

Can you balance a ball on a racket? How many times can you tap it and not let it drop?