

Physical Education

Balancing Challenge Grid

Complete each level before moving up to the next level.

Go Setter

Balance for 20 seconds

Challenger

Balance for 40 seconds

Super Challenger

Balance for 1 minute

Extension Task:

Balance for longer than someone else in your house

1. Balance on your right leg



2. Balance on your left leg



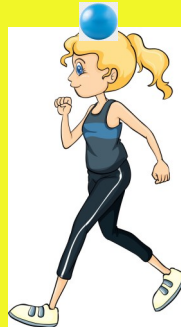
3. Balance on your bottom



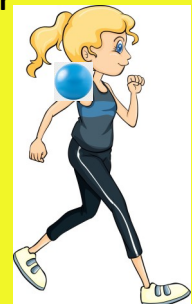
4. Balance on one leg with your eyes closed



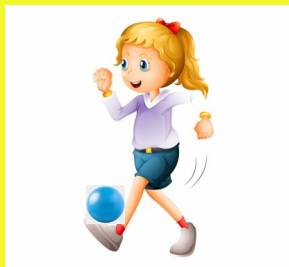
5. Walk across the room while balancing a sock ball on your head



6. Walk across the room while balancing a sock ball on your shoulder



7. Move across the room while balancing a sock ball on your foot



8. Move across the room while balancing a sock ball on your foot, head and shoulder.



9. Create your own balance challenge.

