

# Physical Education

## Balancing Challenge Grid

Complete each level before moving up to the next level.

**Go Setter**

Balance for 5 seconds

**Challenger**

Balance for 10 seconds

**Super Challenger**

Balance for 20 seconds

**Extension Task:**

Balance for longer than someone else in your house

**1. Balance on your right leg**



**2. Balance on your left leg**



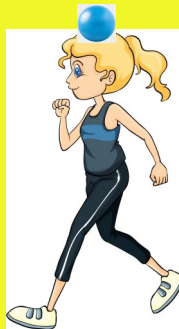
**3. Balance on your bottom**



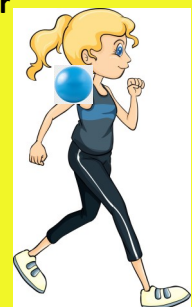
**4. Balance on one leg with your eyes closed**



**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.**

