

# THE BALANCE CHALLENGE

Equipment needed: STOPWATCH and Picture Balance Sheet

**SAY:** “Use the cues to make a balance of your own creation. **Hold each balance for 15 seconds** and try not to fall over! Be creative!”

## Warm-Up

**Balance 1:** Make a **bridge** that someone could crawl underneath using **four points**.

Now try **two patches and one point**.

Challenge: **One patch and one point**.

**Balance 2:** Pretend to be a fountain statue, **balancing on one point with twisted arm extensions**.

Challenge: **Spin/twirl slowly on one point** while **twisting your arms in a free-flowing motion**, call “squirt, squirt” as you spin.

**Balance 3:** “SWAN”, create a balance that you think matches the word “swan” using **one point and one patch**.

Challenge: Jump and land in a way that you think matches the word “swan.” (Make sure you use your arms too!)

Challenge: Run around for 10 seconds and pretend to be a swan.

## Balance Challenge

Choose a balance from the pictures that you can do. **Try it and hold for 15 seconds!** (Repeat the challenge until it is time to switch stations).