

Balance

Balance is an essential part of almost all movement skills.

Try this:

1. Stand on one leg.
2. Keep your support leg still, with your foot flat on the ground.
3. Keep your non-support leg bent, not touching the support leg.
4. Keep your head stable, eyes focused forward.
5. Keep your trunk stable and upright.
6. Make no excessive arm movements.

*Try different variations: Use alternate legs, keep one eye, both eyes closed...etc. – see how long you can last.

1. How did your balancing act go?

2. Tick the techniques you will be able to use to practise your balance:

- Stand on one leg. (You should have tried that one!)
- Balance on a wobble board.
- Take a tai chi class.
- Walk heel to toe.
- Do squats.
- Practise the force, for example, leap out of your chair.
- Take up ballet.
- Take up yoga.

