

Balancing Act Checklist

STATION 1:

Balance a peacock feather on your:

_____ palm

_____ fingertip

_____ nose



STATION 2:

Walk the tightrope without falling off!

_____ line

_____ circle

_____ square



STATION 3

Count to ten and balance on your:

_____ right foot

_____ left foot

_____ toes

_____ knees

_____ seat



STATION 4

Move from spot to spot without stepping off!



STATION 5

Move from one end of the balance beam to the other and:

- _____ walk
- _____ side step
- _____ Tiptoe
- _____ backwards
- _____ crawl



STATION 6

Perform the following noodle challenges:

- _____ walk from one end to the other
- _____ tiptoe from one end to the other
- _____ balance on the right foot
- _____ balance on the left foot
- _____ balance the noodle on your head



STATION 7

Count to ten and balance on your:

- _____ two hands and two feet with stomach facing the floor
- _____ two hands and two feet with stomach facing the sky
- _____ one hand and two feet with stomach facing the floor
- _____ one hand and two feet with stomach facing the sky
- _____ one hand and one foot with stomach facing the floor
- _____ one hand and one foot with stomach facing the sky



STATION 8

- _____ Place a beanbag on top of your head. How many times can you walk around the outside of the station areas without letting the beanbag fall off your head?

