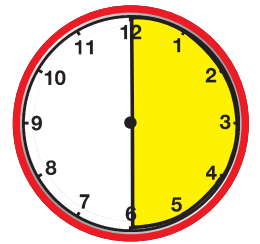
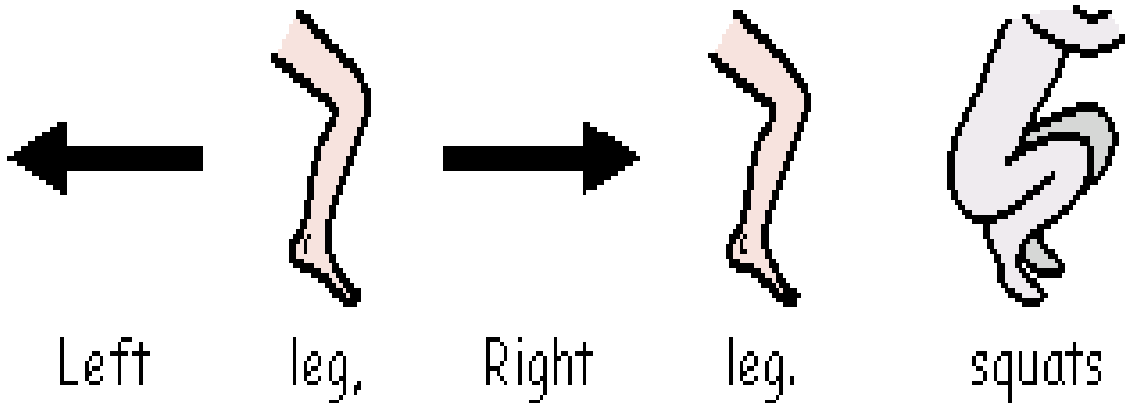


1. Static Balance - One Leg Standing



(Mini-squat - 135° angle at knee)



Left

leg,

Right

leg.

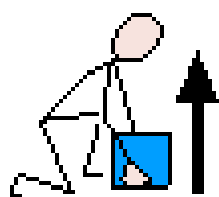
squats

2. Static Balance - Seated

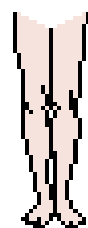
EQUIPMENT

cone or bean bag

(Reaching for cone)



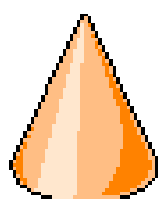
Lift



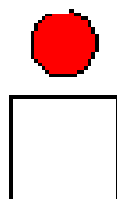
Legs.



Pass



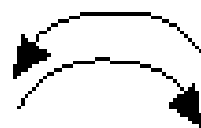
cone



over



body.



Change



Hands.

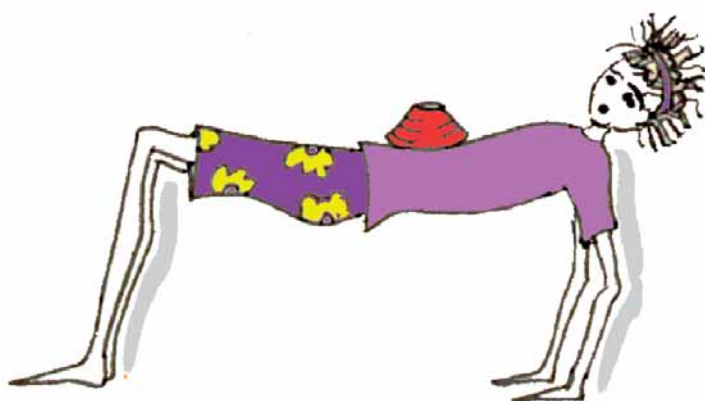
3. Static Balance - Floor Work



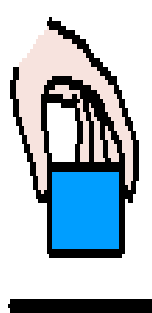
(Cone transfer – mini-front support)

EQUIPMENT

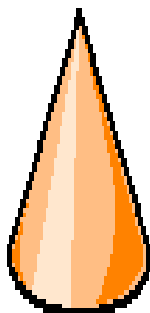
cone or bean bag



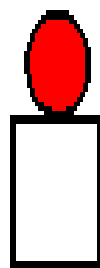
(Cone transfer – mini-back support)



Place



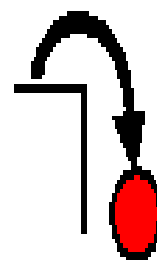
cone



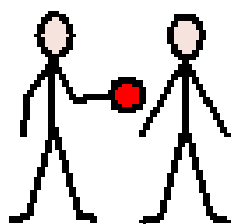
on



and



off



your



body.

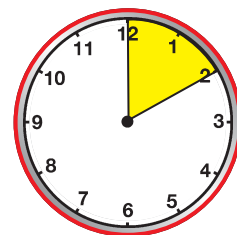


change



hands.

4. Static Balance - Small Base



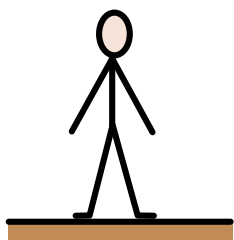
EQUIPMENT

low beam

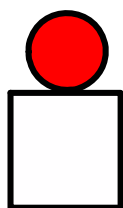
SAFETY

Step-off equipment rather than fall off.

(Balanced position on a line)



stand



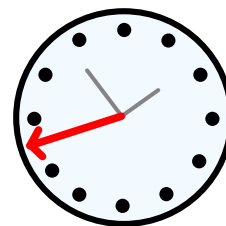
on



toes

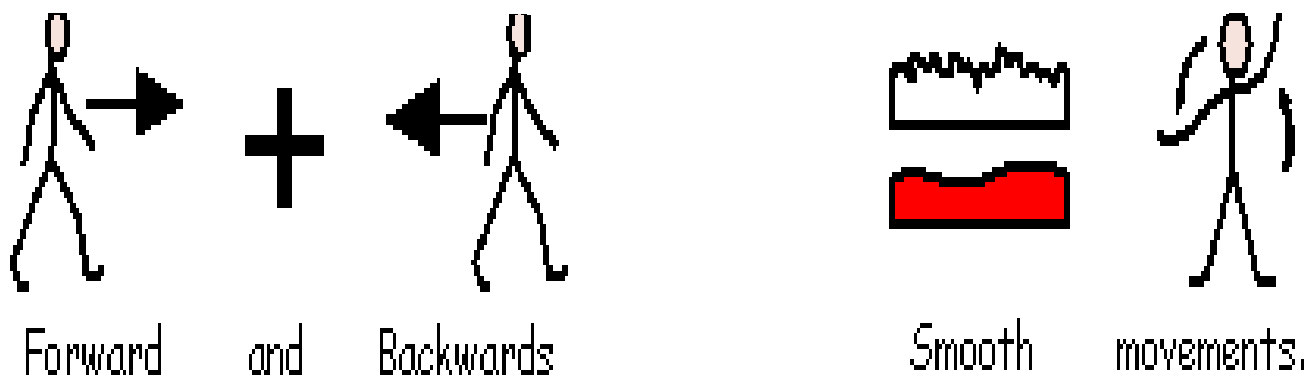
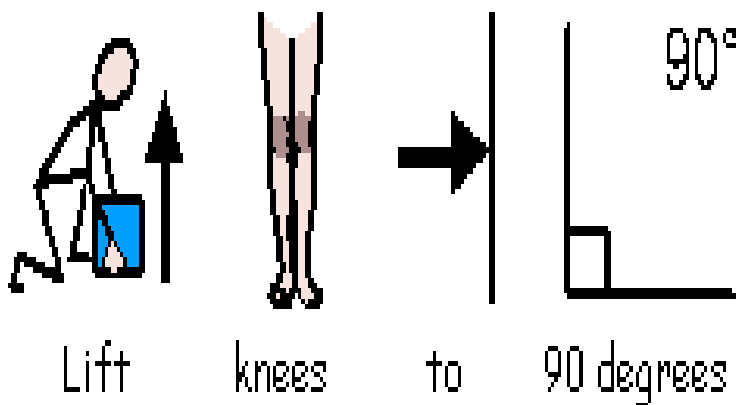
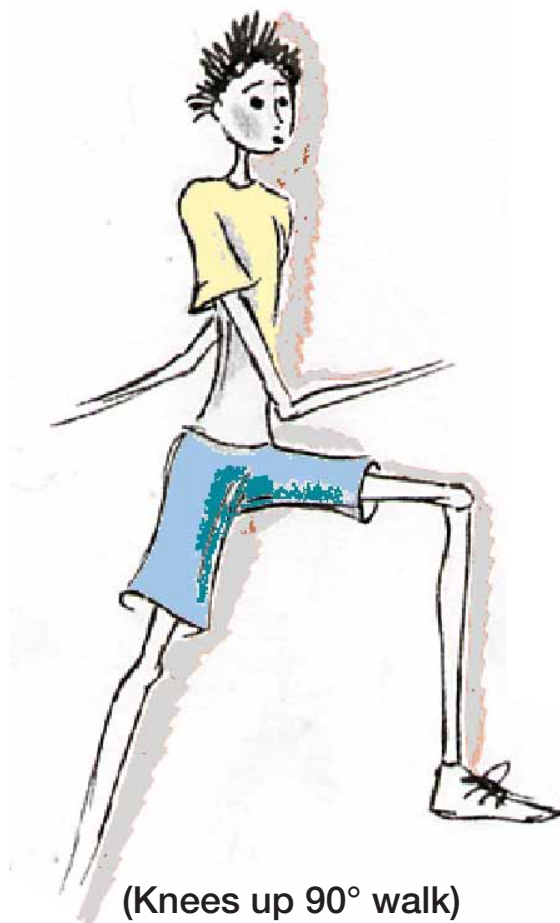
10

10

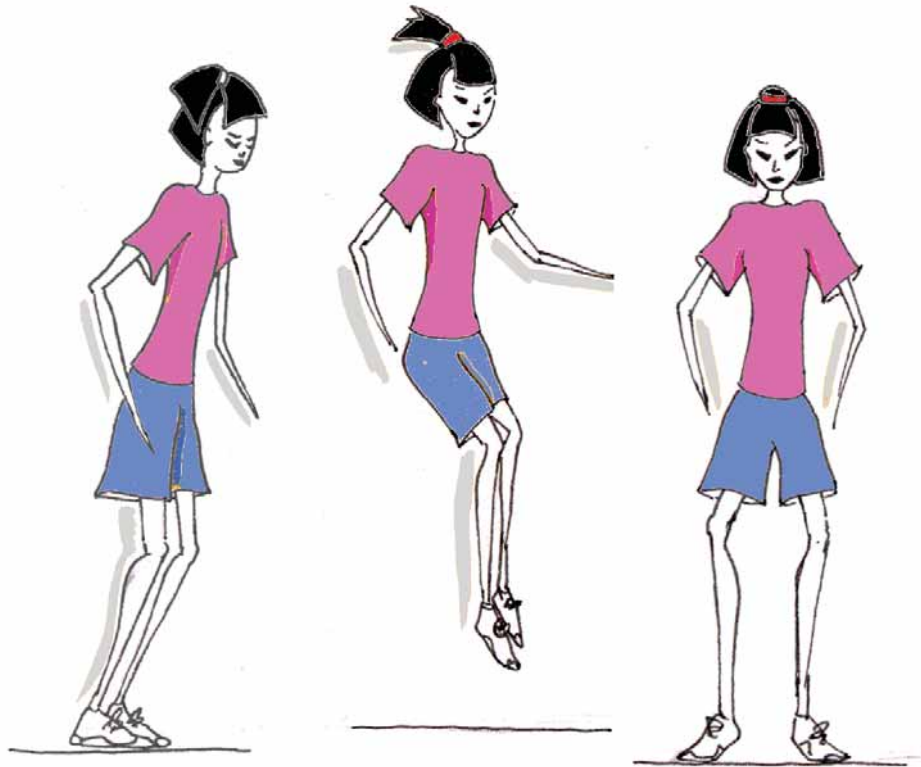


seconds

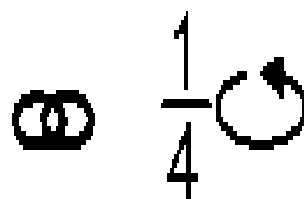
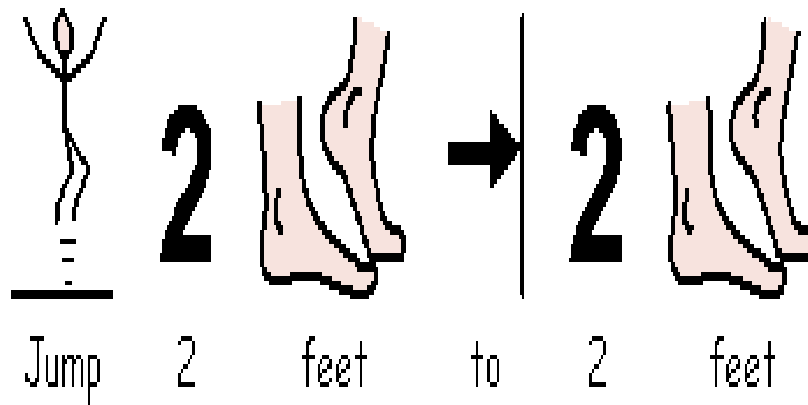
5. Dynamic Balance



6. Dynamic Balance to Agility

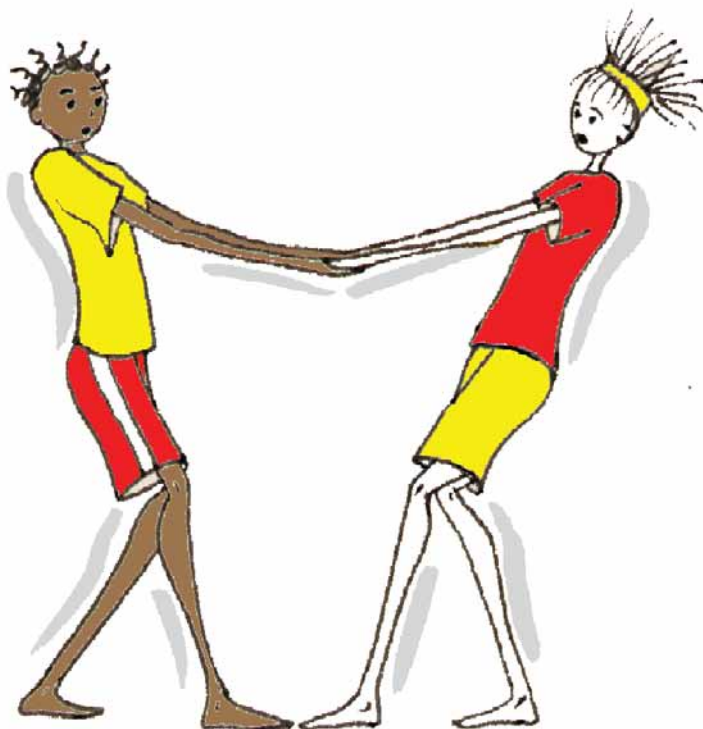


(2 feet to 2 feet jump with quarter turn)



with quarter turn

7. Counter Balance in Pairs



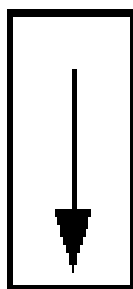
SAFETY

Hold on firmly to each other.

(Standing leaning backwards with a long base)



Long



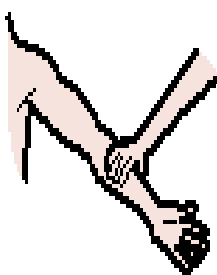
base.



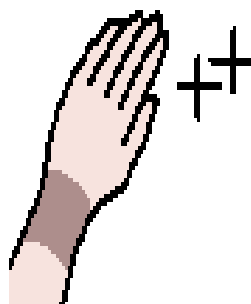
Toes



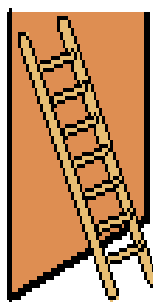
touching.



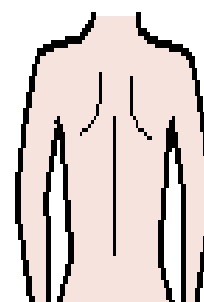
Hold



wrists.



Lean



back.

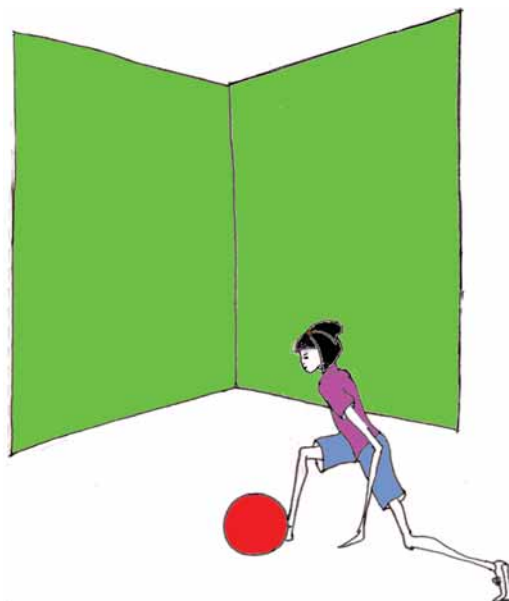
8. Coordination with Equipment
















(Throwing a tennis ball to catch rebound)

EQUIPMENT

size 4 or 5 ball,
tennis ball,
large soft ball



(Striking a large ball along the ground)

		1	
Throw	ball.	1	bounce.
	=		
Catch	same	hand.	
			
Strike	ball	along	ground.
			5x
			5 times.
			
Left hand.	Right hand.		

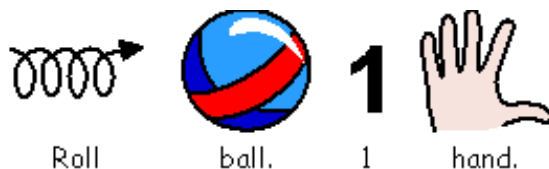
9. Coordination - Ball Skills



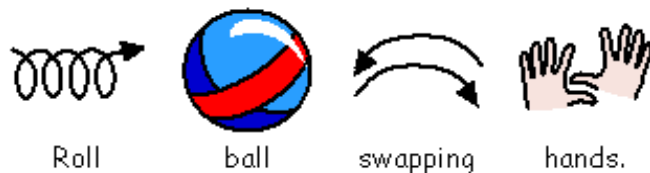
EQUIPMENT

size 4 or 5 ball

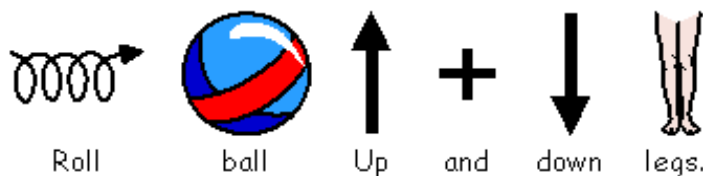
(Rolling ball up and down body standing – 1 hand)



Roll ball. 1 hand.



Roll ball swapping hands.



Roll ball Up and down legs.



Roll ball Around body.

10. Coordination - Floor Movement Patterns



(Skip to 90° knees with opposite elbow at 90°)



(Hop scotch)



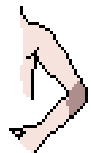
Skip.



Knees

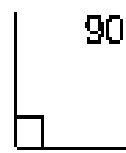


and



elbows

90°



90 degrees.



Hop

scotch.

1



1

foot



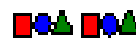
to

2

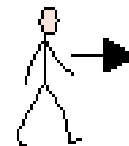


2

feet



sequence



forward.

1



1

foot



to

2

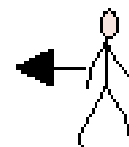


2

feet



sequence

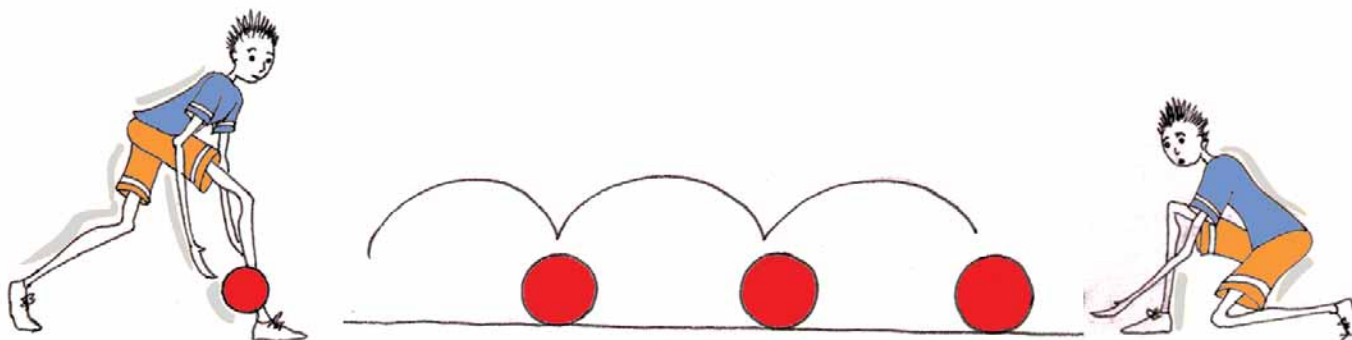


backwards.

11. Agility - Ball Chasing

EQUIPMENT

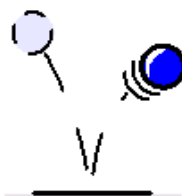
size 4 or 5 ball



(Collecting a bouncing ball facing opposite direction)



Roll



bouncing



ball.



Collect



and

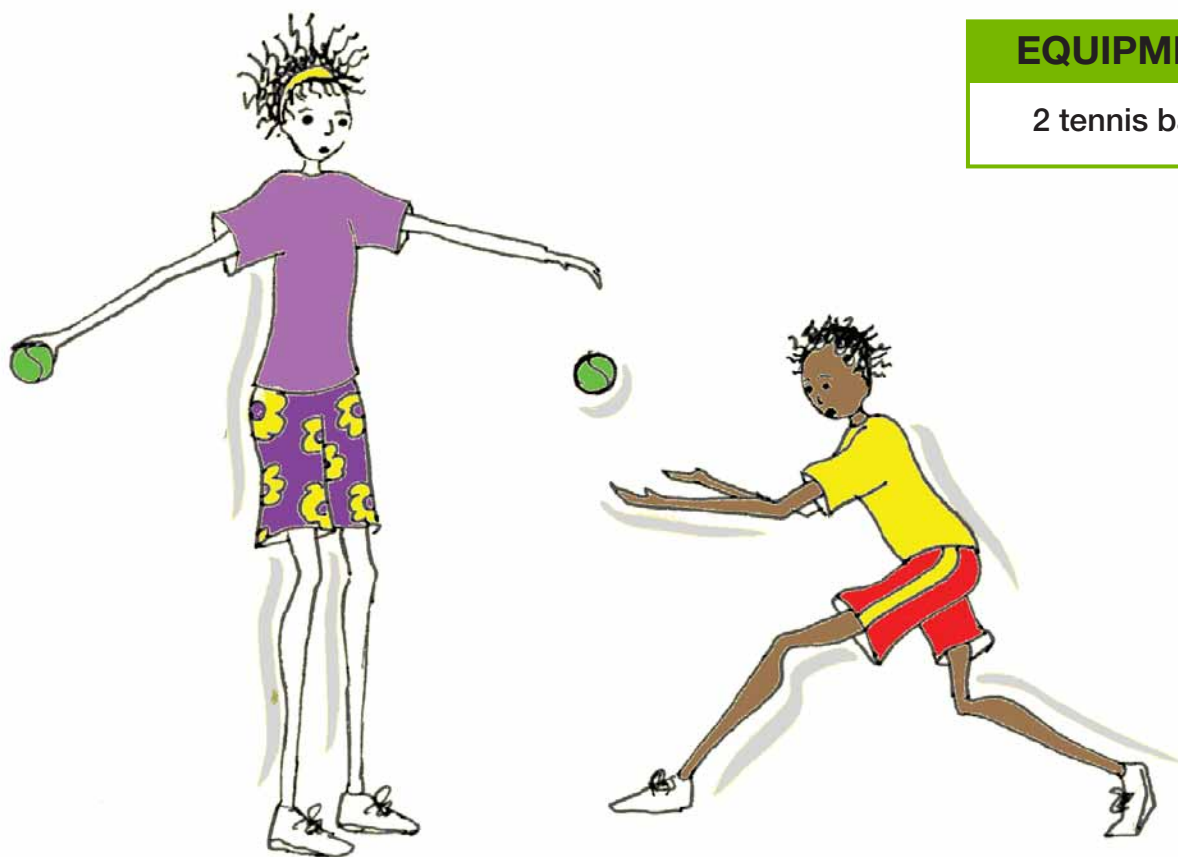


turn.

12. Agility - Reaction/Response

EQUIPMENT

2 tennis balls



(Catching tennis ball dropped from shoulder height off 1 bounce)



Catch



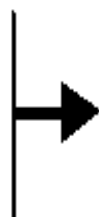
after

1

1



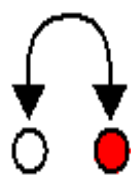
bounce



from

1

1



or

2

2

metres



away