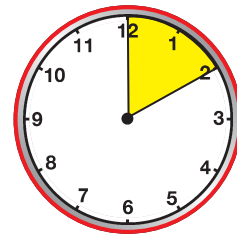
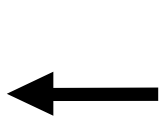


# 1. Static Balance - One Leg Standing



(Balance on one leg)



left



leg



right



leg

**10**

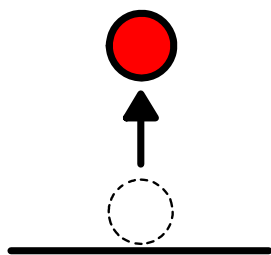
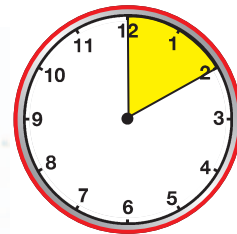
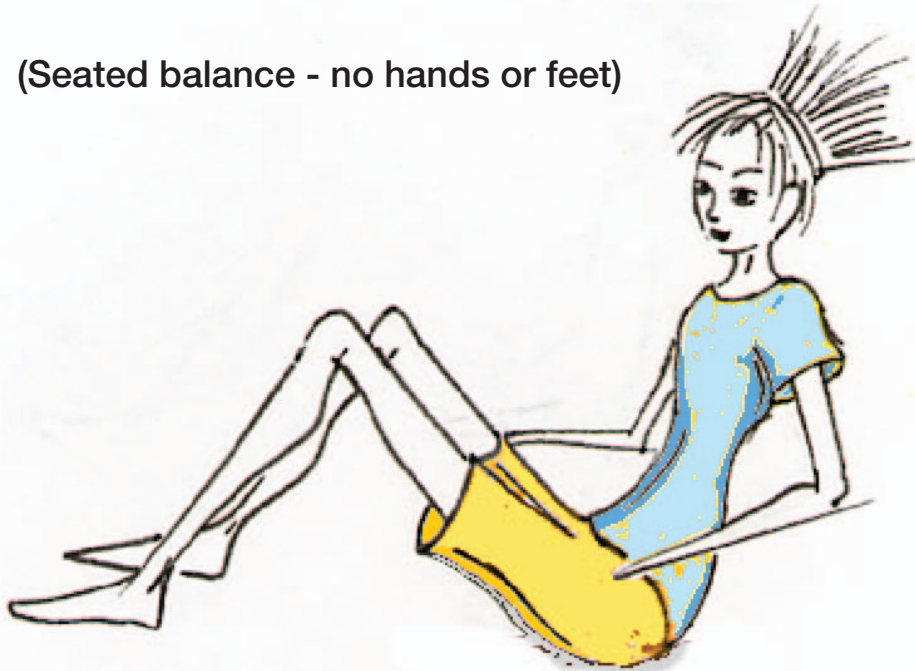
10



seconds

## 2. Static Balance - Seated

(Seated balance - no hands or feet)

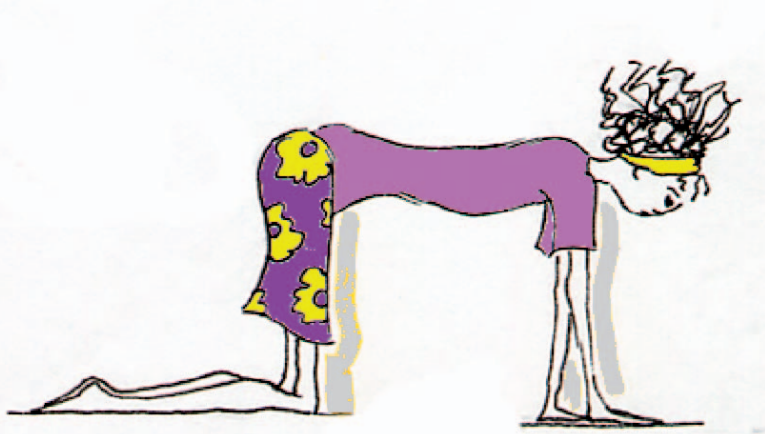


lift

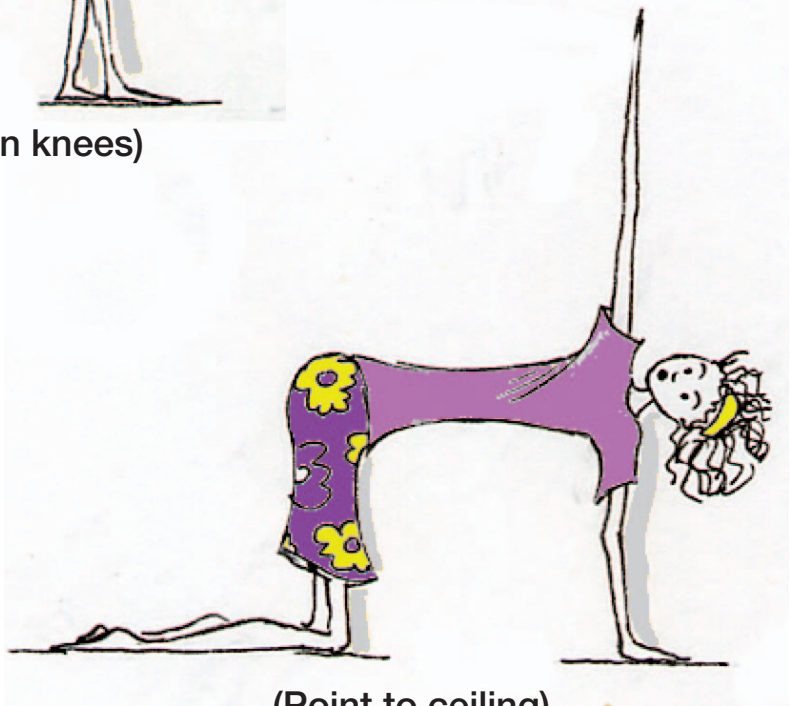


legs

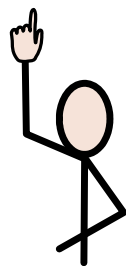
### 3. Static Balance - Floor Work



(Mini-front support on knees)



(Point to ceiling)

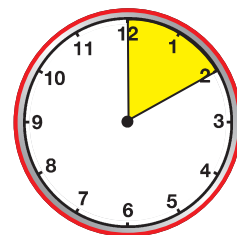


point arm up

## 4. Static Balance - Small Base



(Balanced position on a line)

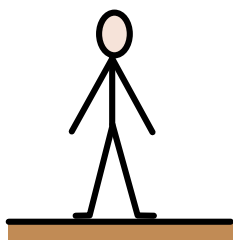


### EQUIPMENT

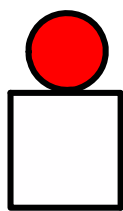
low beam

### SAFETY

Step-off equipment rather than fall off.



stand



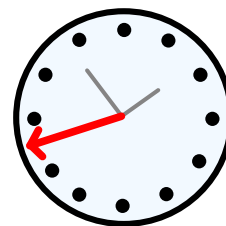
on



toes

10

10

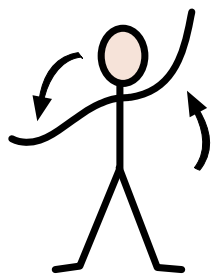


seconds

## 5. Dynamic Balance

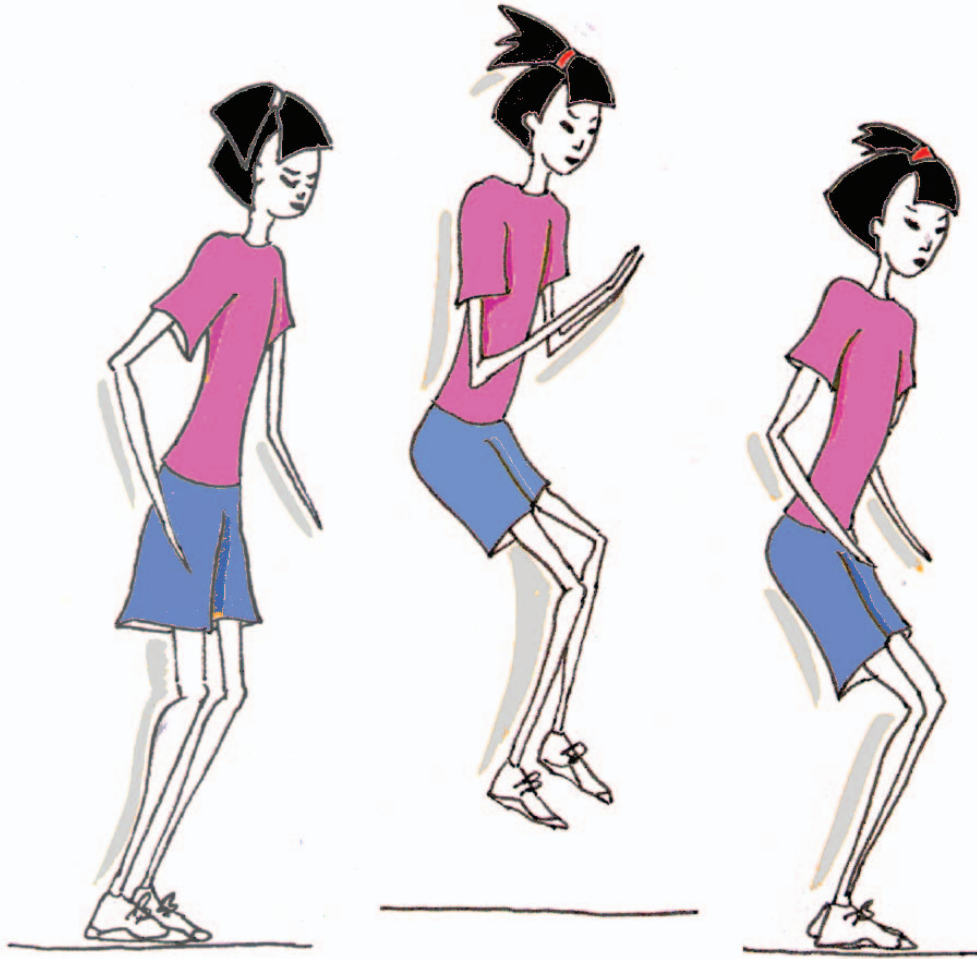


(Natural walk with balance)



smooth movements

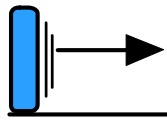
## 6. Dynamic Balance to Agility



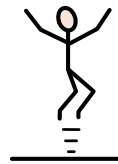
(2 feet to 2 feet jump)



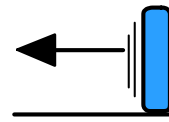
jump



forward,



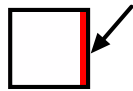
jump



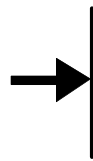
backwards,



jump



side



to

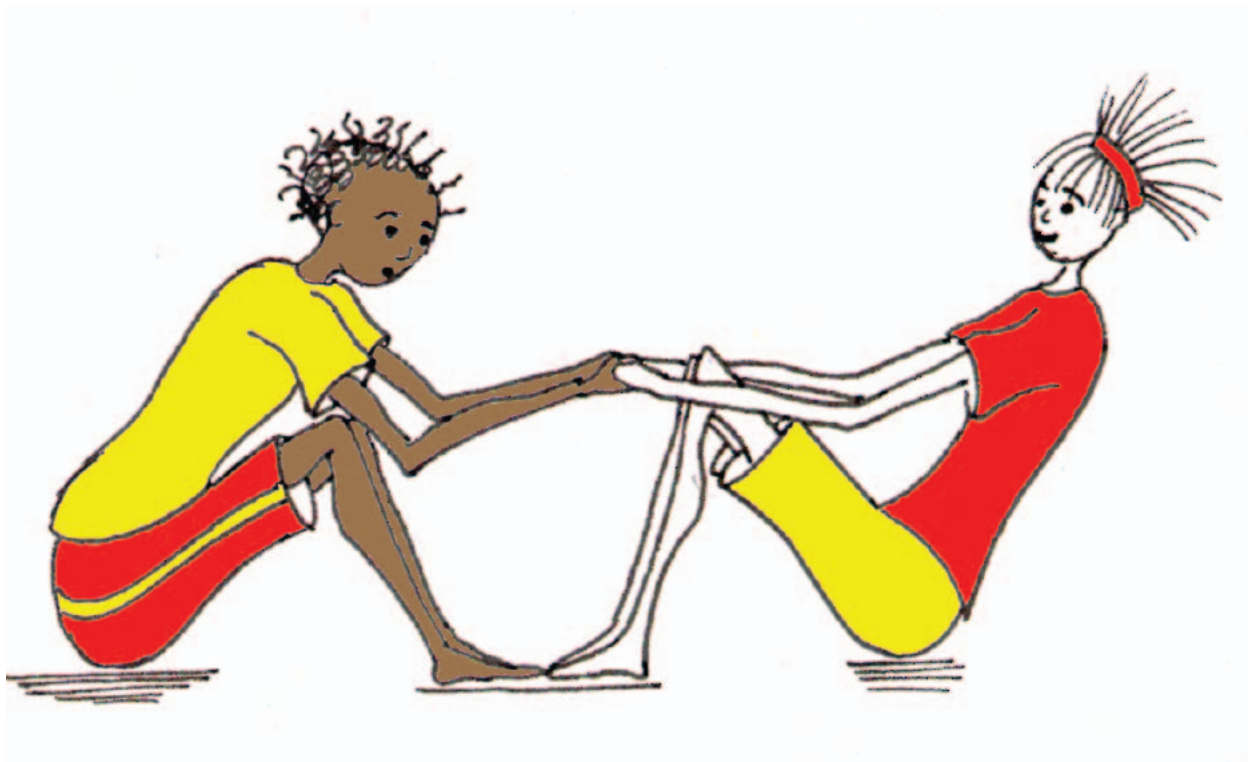


side

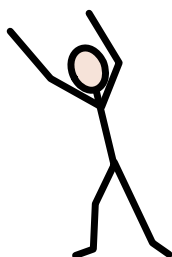
## 7. Counter Balance in Pairs

### SAFETY

Hold on firmly to each other's hands.



(Seated rocking forwards & backwards)

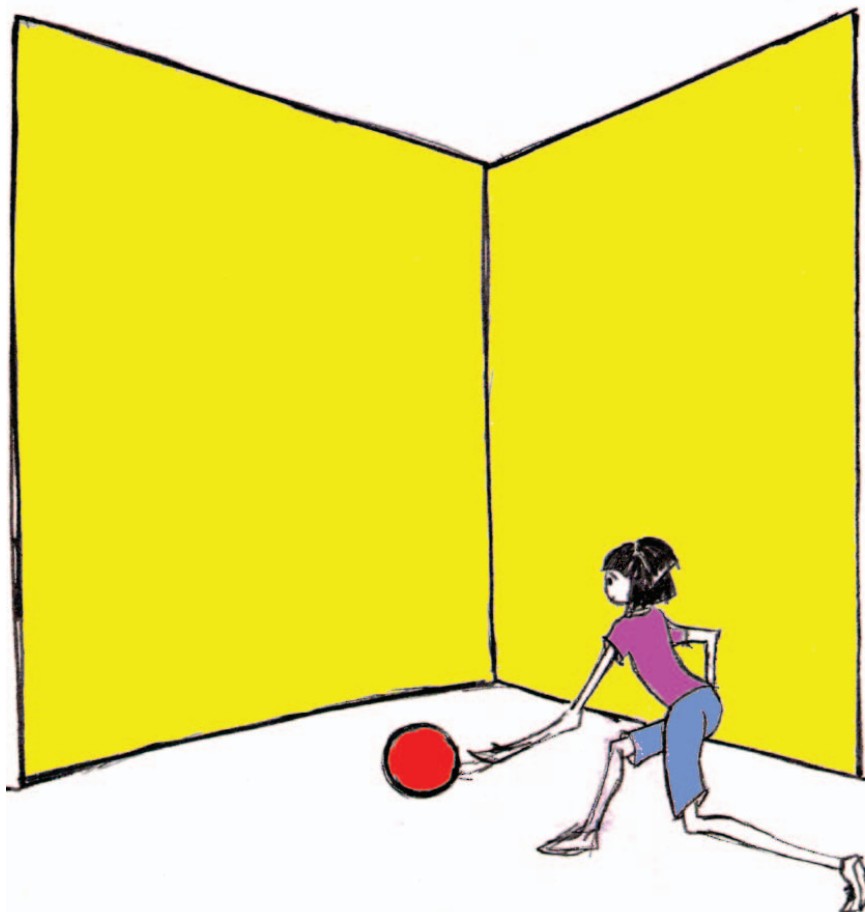


lean in and out

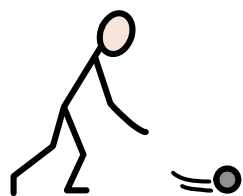
## 8. Coordination with Equipment

### EQUIPMENT

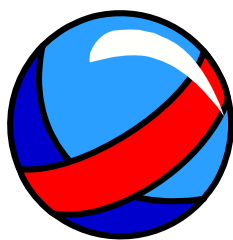
size 4 or 5 ball,  
small ball



(Rolling a large ball for rebound to receive)



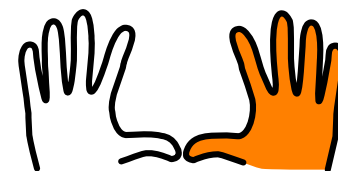
roll



ball



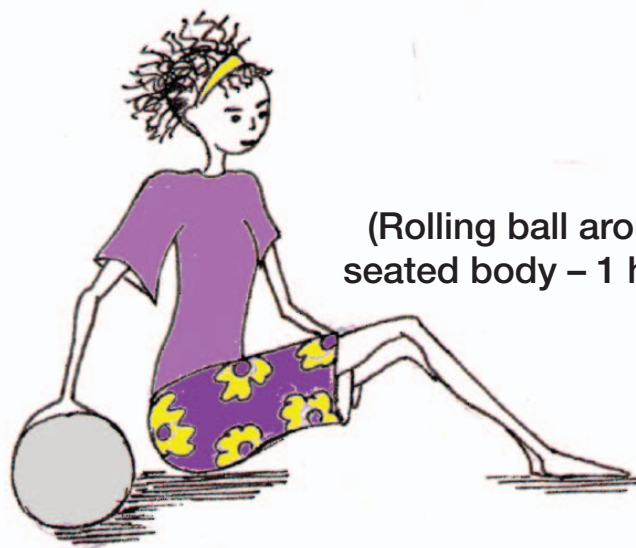
left hand,



right hand



## 9. Coordination - Ball Skills



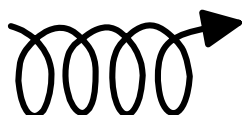
(Rolling ball around seated body – 1 hand)

### EQUIPMENT

size 4 or 5 ball



(Rolling ball up and down body – 2 hands)



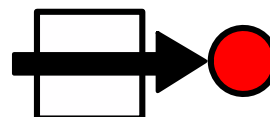
roll



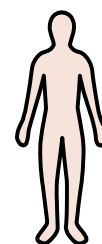
along



legs

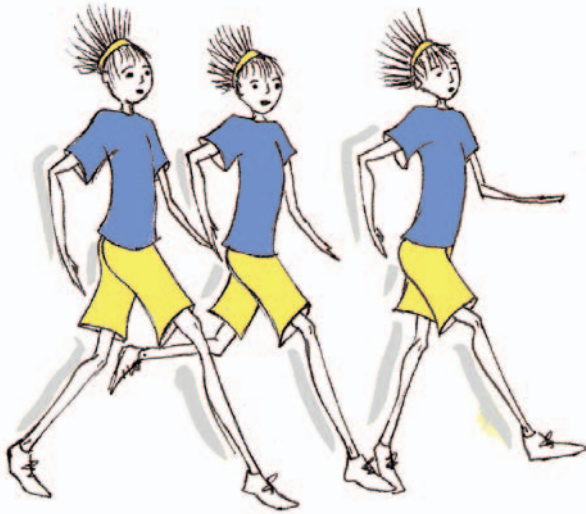


around



body

# 10. Coordination - Floor Movement Patterns



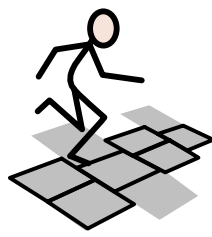
(Gallop)



(Hop)



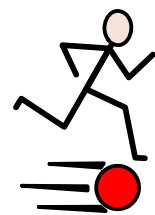
side step



hop,



skip,



gallop

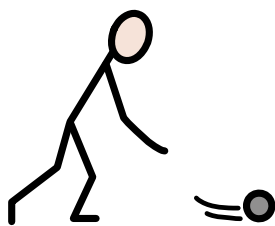
# 11. Agility - Ball Chasing

## EQUIPMENT

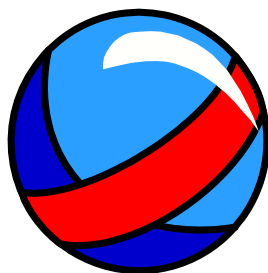
size 4 or 5 ball



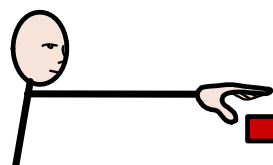
(Collecting a rolling ball facing opposite direction)



roll



ball,

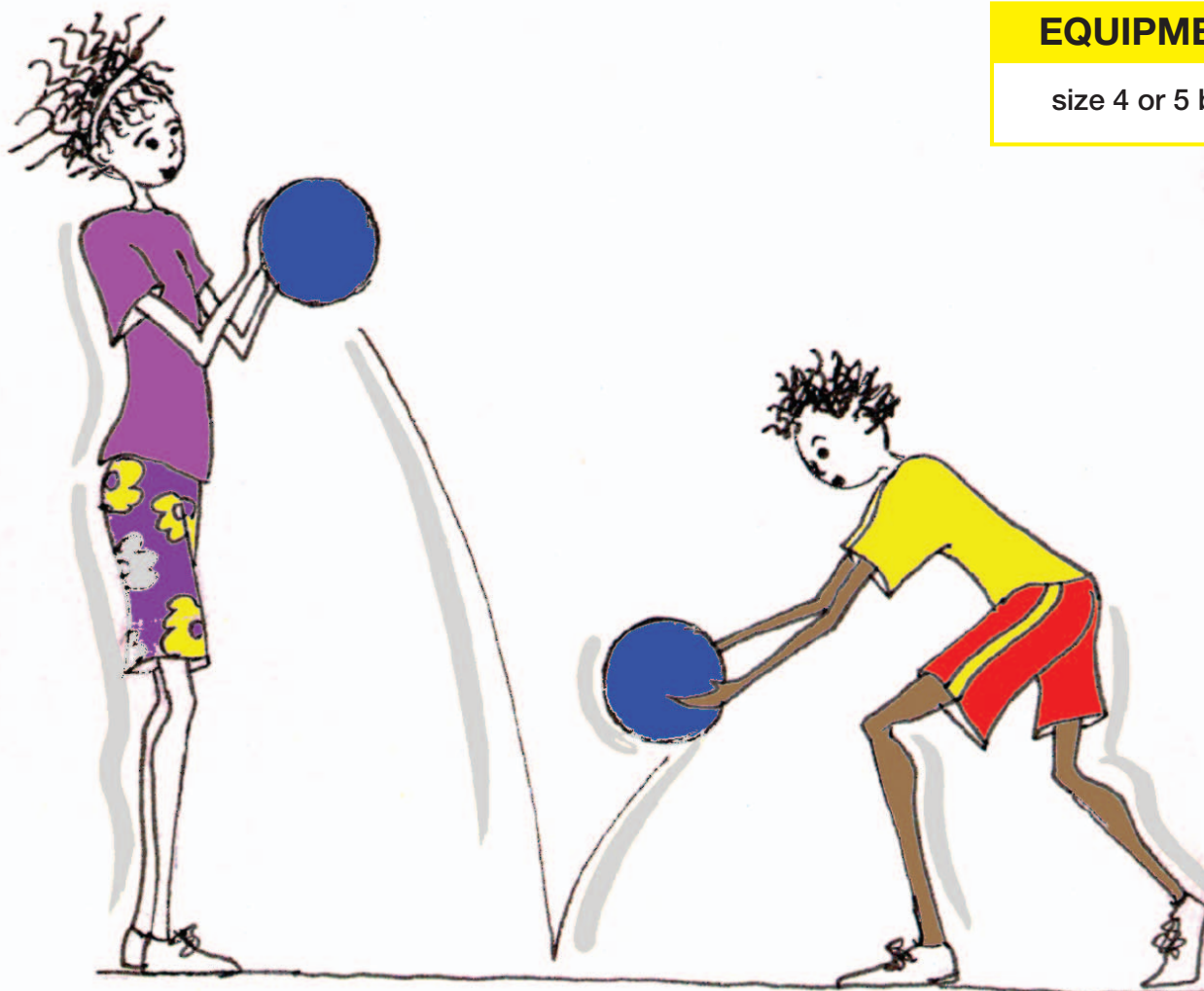


collect

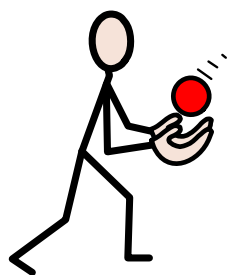
## 12. Agility - Reaction/Response

### EQUIPMENT

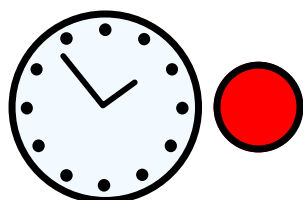
size 4 or 5 ball



(Catching ball dropped from shoulder height off 1 bounce)



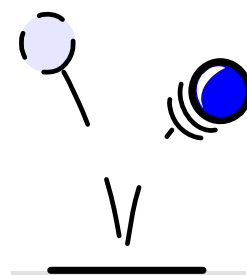
catch



after

**2**

2



bounces