

BALANCING

Cothromaíocht



Target Pupil								Comments
Head stable and eyes focused forward on a target 	Head							
Trunk stable and upright 	Trunk							
Support leg still, with foot flat on the ground. 	Legs							
Non-support leg bent and not touching the support leg 								
Arms as still as possible 	Arms							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Balance on one foot for as long as you can.	The front.	N/A.