

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Physical Education: Stability and Balance Skills

Your gross motor skills develop from the top of the body down. The best way to develop your gross motor skills is through active play, lots of enjoyable play where you can use your muscles.

**Stability skills** are a type of gross motor skills that involve balance and weight transfer. To master you to learn to keep your body positions without falling. You will have to use your muscles and your body to be able to gain balance.

*There are three different kinds of stability skills to master.*

**Static Balance** – This is a simply standing in place, on one or two feet. The center of gravity stabilize the body. Therefore, two feet on the ground provides more stability than one foot.

**Dynamic Balance** – This is the ability to balance while in movement: tumbling, coming to an abrupt stop, running, dodging, landing after a jump, and climbing. This is more challenging than static balance.

**Axial stability** – This is the ability to balance while you turn your body at the same time – such as bending over to touch the toes, doing a somersault or twisting the body left or right. Rotating becomes easier on one foot.

### Balance training helps you to:

1. Burn more calories
2. Create muscular balance in the body
3. Improve neuromuscular coordination
4. Improve your stability

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## Activities For this week:

Complete the following activities within 20 minutes. Perform each of the activities for 4 minutes. You can take a minute before you move on to the next activity.

1. Stand on your base of support. Stand still, feet together. Start by standing on a solid surface with your feet together and your eyes open. Progress to standing on a soft surface such as a piece of foam or a pillow. Now stand back on solid ground with your eyes closed. Finally combine the two progressions to include standing on a soft surface with your eyes closed.
2. Stand upright and drop a key, wallet or toy. Reach over to pick it up on one leg with the other leg lifting straight into the air behind you. Use your abs.
3. Sit on a stability ball while you watch TV.
4. Stand on one foot while you brush your teeth; alternate feet halfway through.