

GYMNASTICS



OBJECTIVES

- ★ **BALANCE WITH CONTROL.**
- ★ **KEEP THE BODY STILL WHILST BALANCING ON ONE LEG.**

INSTRUCTIONS

-  **LAY OUT SOCKS IN A STRAIGHT LINE WITH EACH SOCK TOUCHING.**
-  **START AT THE BEGINNING OF THE LINE. WALK FORWARDS, STEPPING ONE FOOT AT A TIME, KEEPING AT LEAST ONE FOOT ON THE SOCKS UNTIL YOU GET TO THE END OF THE LINE.**
-  **AFTER A FEW PRACTISES START BALANCING ON ONE FOOT FOR 3 SECONDS EVERY STEP.**



CHANGE IT UP



BALANCE ON ONE FOOT FOR FOR 5 SECONDS EVERY STEP.



CAN YOU ADD A TURN OR JUMP WHEN IN THE MIDDLE OF THE LINE?



WHEN HOLDING A BALANCE, PLACE THE NON-STANDING FOOT OUT TO THE SIDE.