

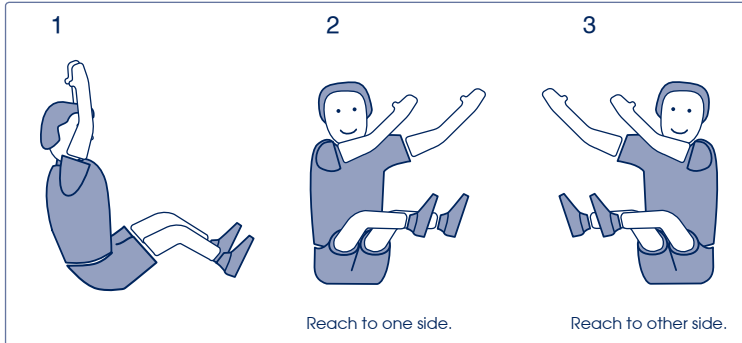
Task: Bottom Balance



Year: 4 & 8

Approach: Open space
Focus: Balancing
Resources: Mat

Questions / instructions:



Sit on the mark.

Sit down with your knees bent in front of you and your feet off the floor.

Keeping your bottom on the floor:

1. Reach upwards as far as you can with every part of your body. Hold to a count of 5 and then return to sitting position.
2. Reach to one side as far as you can with every part of your body. Hold to a count of 5 and then return to sitting position.
3. Reach to the other side as far as you can with every part of your body. Hold to a count of 5 and then return to sitting position.

Reaching upwards:

Position achieved:

(Arms upstretched, body nearly upright, feet well off ground in front of face)

| | y4 | y8 |
|---------------------|----|----|
| very good/excellent | 47 | 48 |
| good | 36 | 38 |
| moderately good | 15 | 12 |
| poor | 2 | 2 |
| held for count of 5 | 85 | 87 |

Reaching to one side:

Position achieved:

(Body nearly upright, arms and legs well off ground and all stretched to one side of body)

| | y4 | y8 |
|-----------------------------|----|----|
| very good/excellent | 7 | 7 |
| good (one aspect not right) | 41 | 47 |
| moderately good | 35 | 36 |
| poor | 17 | 10 |
| held for count of 5 | 80 | 87 |

Reaching on other side:

Position achieved

(Body nearly upright, arms and legs well off ground and all stretched to other side of body)

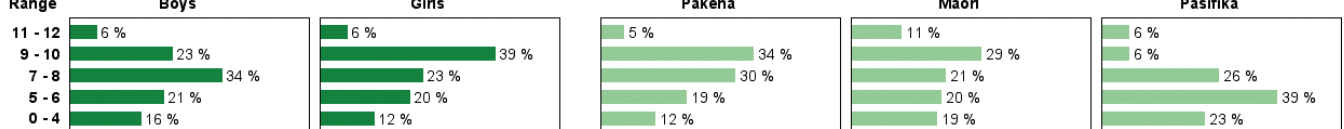
| | y4 | y8 |
|-----------------------------|----|----|
| very good/excellent | 5 | 8 |
| good (one aspect not right) | 36 | 37 |
| moderately good | 36 | 42 |
| poor | 23 | 13 |
| held for count of 5 | 79 | 86 |

| Total score: | 11-12 | y4 | y8 |
|--------------|-------|----|----|
| | 6 | 6 | 8 |
| | 9-10 | 31 | 36 |
| | 7-8 | 29 | 28 |
| | 5-6 | 20 | 20 |
| | 0-4 | 14 | 8 |

Subgroup Analyses:

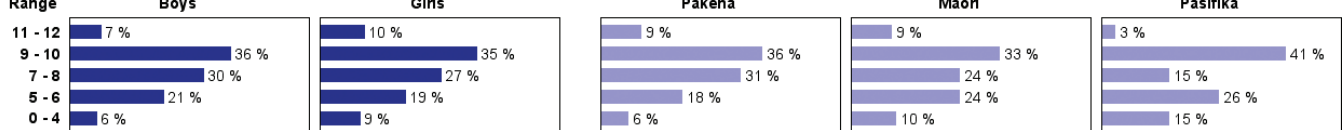
Year 4

Score Range



Year 8

Score Range



Commentary:

Year 4 students scored almost as well as year 8 students. Year 4 Pasifika students had quite low success but that was not true for year 8 Pasifika students.