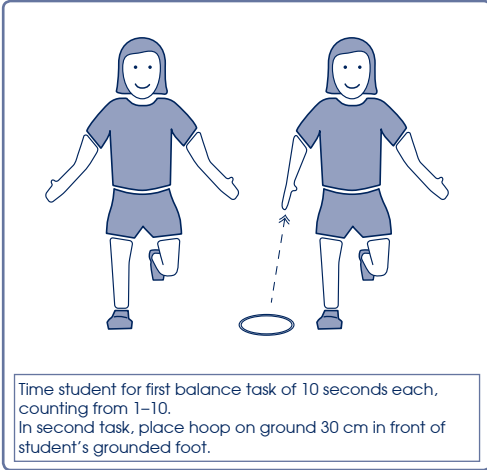


Approach: Open space  
 Focus: Balance  
 Resources: Small hoop

**Questions / instructions:**



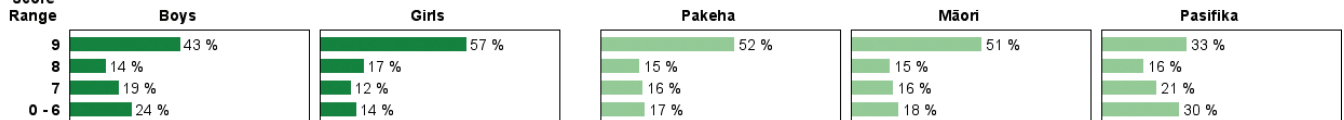
1. Balance on **left** foot for **10 seconds**.
2. Balance on **right** foot for **10 seconds**.
3. Balance on one foot then
  - bend down and pick up the hoop
  - straighten up
  - hold your balance for **five seconds**.

	% response 2006 ('02)	
	year 4	year 8
<b>Left foot balance:</b>		
full period, steady	76 (81)	90 (90)
full period, unsteady	11 (12)	7 (6)
other foot down once	11 (7)	3 (1)
less control	2 (0)	0 (3)
<b>Right foot balance:</b>		
full period, steady	78 (80)	89 (89)
full period, unsteady	14 (14)	6 (6)
other foot down once	6 (6)	5 (3)
less control	2 (0)	0 (2)
<b>Balance and pick up hoop:</b>		
completed, very steady	65 (60)	79 (82)
completed, unsteady	21 (20)	16 (12)
other foot or hand down once	12 (16)	5 (3)
less control	2 (4)	0 (3)
<b>Total score:</b>		
9	50 (49)	68 (75)
8	16 (16)	16 (9)
7	15 (17)	10 (7)
0–6	19 (18)	6 (9)

**Subgroup Analyses:**

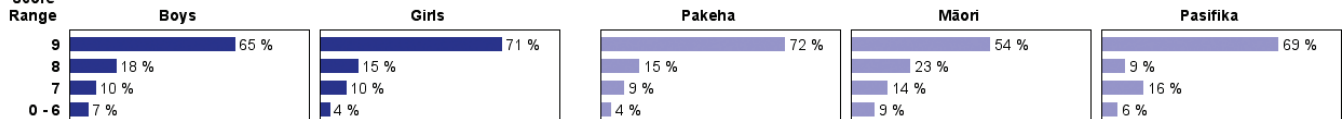
Year 4

Score Range



Year 8

Score Range



**Commentary:**

Most students performed well on this task, with little change from 2002 to 2006.