

Balance

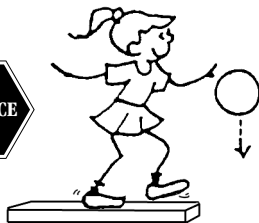
Approach: Open space

Level: Year 4 and year 8

Resources: Balance rail 90 cm long, 4 cm wide, large ball, bean bag.

Instructions

- Stand on the beam (both feet on).
Walk to the end — turn around — walk to the other end.
Turn around — walk to the middle.
Turn to the side — balance on one foot. Count to 3



	% responses	
	y4	y8
Overall performance: very good	6	7
good	24	33
moderate	43	41
weak	27	19

- Hold the ball in your hands.
Stand on the beam (both feet on).
Walk on the beam to the other end.
Bounce and catch the ball with two hands, 3 times.

- Turn around — walk to the other end.
Bounce and catch the ball 3 times.
Turn around — walk to the middle — balance on one foot.
Bounce and catch the ball 3 times.

	% responses	
	y4	y8
Overall performance: very good	1	3
good	10	21
moderate	36	45
weak	53	31

- Stand on the beam (both feet on).
Walk to the other end.
Pick up the bean bag from the ground.
Turn around — carry the bean bag to the other end and place it on the ground.

Overall performance: very good	11	19
good	33	44
moderate	40	26
weak	16	11

Commentary

On average, about 15 percent more year 8 than year 4 students scored in the top two levels of performance. This was a challenging task because of the narrow and comparatively short beam, and the large feet of many year 8 students made the task more difficult for them.