

PHYSICAL EDUCATION LESSON

BALANCE STATIONS

EQUIPMENT: Locomotor signs, cones, hoops, and floor tape

FOCUS: Balance, body control, safety, and partner work

ACTIVITY: (15-18 min.)

Organization: Set up the stations around the gym. Demonstrate to the students how to work with piece of balancing equipment. Each student picks a partner and goes to one station. Students will work at that station for 2-3 minutes. The teacher will blow a whistle when it is time to rotate to the next station

Balance Stations:

1. **Foam Balance Beams:** Walk forward and backwards across the balance beams.
2. **Tootie Launcher:** Place a ball at the end of the launcher. Stomp on one side of the launcher and catch the airborne ball before it hits the floor.
3. **Balance Boards (2):** Place both feet on each end of the board and try to keep the board balanced.
4. **Buddy Walkers (2):** With your partner try to walk around the gym using the buddy walkers.
5. **Wooden Balance Beams (2):** Walk to the middle of the balance beam. Stop, do a stork stand. Then, continue to walk to the end of the beam turn around and do the same thing on the way back. On the second beam, walk to the middle of the balance beam. Stop, lean and do a front scale, stand back up and walk to the end of the beam turn around and do the same thing on the way back.