

Name _____

Balancing Act Checklist

STATION 1:

Walk the tightrope without falling off!

- _____ line
- _____ circle
- _____ square

STATION 2

Count to ten and balance on your:

- _____ right foot
- _____ left foot
- _____ toes
- _____ knees
- _____ V- up

STATION 3

Move from spot to spot without stepping off!

STATION 4

Move from one end of the balance beam to the other and:

- _____ walk
- _____ side step
- _____ Tiptoe
- _____ backwards
- _____ crawl

STATION 5

Count to ten and balance on your:

- _____ two hands and two feet with stomach facing the floor
- _____ two hands and two feet with stomach facing the sky
- _____ one hand and two feet with stomach facing the floor
- _____ one hand and two feet with stomach facing the sky
- _____ one hand and one foot with stomach facing the floor
- _____ one hand and one foot with stomach facing the sky

STATION 6

_____ Place a beanbag on top of your head. How many times can you walk around the outside of the station areas without letting the beanbag fall off your head?