

# I CAN

## BALANCE IN A STATIONARY POSITION WITH CONTROL



## PHYSICAL LITERACY NON LOCOMOTORS

### SUCCESS CRITERIA

#### STATIC BALANCE

BODY WEIGHT ON ONE PART OR SEVERAL PARTS OF THE BODY

STILLNESS IS MAINTAINED TO HOLD POSITION

CENTRE OF GRAVITY IS OVER BASE OF SUPPORT

EYES ARE FOCUSED ON A TARGET/OBJECT

BODY PARTS ARE EXTENDED TO EVEN OUT DISTRIBUTION OF WEIGHT/COUNTERBALANCE

#### GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

#### GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

#### GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

# I CAN

**BALANCE IN A STATIONARY POSITION WITH CONTROL**

**PHYSICAL  
LITERACY  
NON LOCOMOTORS**



## **LEARNING CUES**

- **ESTABLISH A WIDE BASE OF SUPPORT (FEET OR HANDS)**
- **LOWER BODY – BEND KNEES OR ARMS TO LOWER THE CENTER OF GRAVITY**
- **EXTEND BODY PARTS TO HELP COUNTERBALANCE**
- **FOCUS EYES ON AN OBJECT TO HELP BALANCE**
- **TIGHTEN (CONTRACT) MUSCLES TO HOLD BALANCE**

