

# Static Balance

Static balance involves maintaining a desired shape in a stationary position. For this to happen, the centre of gravity needs to be over the base of support. The wider the base of support and the closer the centre of gravity is to the base of support, the easier it is to balance. When body parts extend to one side beyond the base of support, the body needs to make a corresponding extension in the opposite direction to achieve counterbalance (Sport NZ FMS Manual).

## Static Balance Activities (Under 5s)

- Heel toe walking – Encourage children to put out their arms as if they are being an aeroplane, practise heel toe walking (one foot after the other) slowly around the room. To make harder put out some string/rope or draw a chalk line that children can practice along.
- Walking on a line or beam – When walking on a line or beam encourage children to have arms out and chin up. Make this harder by putting something on the beam the child has to pick up, or put something on their heads like a bean bag they have to try keep on.
- Connect- Move around and when the whistle goes the children have to connect their body parts together- e.g. elbow to knee, foot to knee, hand to head, foot to foot, hand to foot, elbow to hand etc
- Tight rope walking – Get children to imagine they are on a tight rope high up in the air – heel toe walking, go backwards, jump, tippy toes. To make it harder try doing it on a rope.
- Bean bag balances- Put bean bag on head or other body parts and walk it around trying to keep balance.

