

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 (5 - 12 year olds)

- Explore the different body parts you can balance on i.e. foot, feet, knees, hips, tummy, back, side, shoulder, hands and head. Emphasize that the body weight should not be supported by the head on its own. Always use another body part to help support it.
- Explore the different combinations of balancing on different body parts.
- Take one balance i.e. shoulder stand and change the shape to make it your own. Pupils can vary leg and arm positions to give many combinations.
- Show 2 different balances that show a change of body shape.
- Join together a shoulder balance and a knee balance.
- **Monuments** – try balancing on low structures like a chair or bench. (variations with different legs, one eye, both eyes closed, arms out, arms behind back, head tilted back)
- **Musical Statues** – play music and dance, when music stops freeze. (Body balance position can be changed. Such as one foot, arms out, on knees)
- **Co-operative Balances** – with a partner explore ways you can balance together, for example 2 feet on the ground.
- **Ball and Balance** – a group of children are balanced on a bench and complete ball activities, such as passing the ball along, under / over's, all the while maintaining their balance.
- **Roaring Lion** - to play:
 1. The objective of this activity is for the students to carefully sneak up and steal the stuffed toy without the lion seeing them moving.
 2. One student from the group is selected to be the lion.
 3. The lion sits with their back to the group and places a stuffed animal behind his/her back.
 4. The lion has to listen carefully. If they hear someone they have to “ROAR” and turn around to face the noise. All students freeze as statues.
 5. If the lion catches a player moving, that player starts again.
 6. The game carries on until someone steals the stuffed toy.