

Class 13 - Balance

Static warm-up – 7-minutes

- Arms: Hold intermediate push-ups
- Legs: Hold squats position
- Abs: Hold beginner dish
- Core: Hold beginner bridge

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on BALANCE.
- BALANCE means not to fall.
- Here are three balance tips that you will learn today:
 1. BALANCE while standing – keep your legs strong, keep your shoulders strong, and keep your chin up.
 2. BALANCE while chambering– keep your knee high, keep your hands up, and keep your tummy strong.
 3. BALANCE while being pushed – keep your legs strong, keep your tummy strong, and keep your head up.

Skill-building drills – 15-minutes

1. **Cone Champion:** Students will practice having good balance by being able to demonstrate awesome kicks while not letting a cone fall off their head.
 - **Teaching SKILLZ: NEUROBICS** – Every time the student does a kick, they can name different colors, superheroes, etc. as they make their way down the mat.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The student must be able to do kicks while being mindful of the cone on their head, and think of things to name when they do their kick.
2. **One Leg Relay Race:** In this drill the students are going to have a relay race up and down the mat on one foot.
 - **Teaching SKILLZ: HEALTHY COMPETITION** – Each team can have silly names to gain points for, so the students feel more motivated to gain points, like “hamburgers vs. hotdogs”.
 - **Brain SKILLZ: WORKING MEMORY** – The student must remember to hold their leg up the entire time, doing multiple hops, as they race down the mat.

Skill stripe test – 10-minutes

- See testing charts

Passive stretches: 5-minutes

- Front leans
- Middle split
- Back bends
- Bow and arrows

Game – 3-minutes

- Octopus

End of class announcements – 2-minutes