

Class 5 - 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 walking – keep your legs strong and keeping your head up.
 3. BALANCE while kicking – keep your knee high, keep your hands up, and keep your tummy strong.

Skill-building drills – 15-minutes

1. **Balance Circle:** Students will work on having good BALANCE by keeping their foot up while passing the pad around to everyone in the group.
 - **Teaching SKILLZ: NEUROBICS** - Have each student call out a different color, animal, favorite food, etc. as they pass the pad.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The students will be challenged to maintain their balance while coming up with their answers.
2. **Battle Kicks:** The students will work on their BALANCE by battling their partner to see who can do the most kicks without putting their foot down.
 - **Teaching SKILLZ: HEALTHY COMPETITION** - The students will compete against each other to see who can do the most kicks.
 - **Brain SKILLZ: RESPONSE INHIBITION** – The student must focus on their balance while not being distracted by their opponent.

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