

# TARGET THURSDAY

# Balance



Foundation

## INSTRUCTIONS

- Balance on your right foot for as long as you can.
- Use a timer or stopwatch to record your time.
- Have three attempts with your right foot and three attempts with your left foot.
- Write down your times in the table below.

	Attempt 1	Attempt 2	Attempt 3
Right foot			
Left foot			

Did you balance longer on your right foot or your left foot? \_\_\_\_\_

Did your times improve with practice? \_\_\_\_\_

Why do you think that was?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



LET THEM PLAY