

Game/Activity: Balance Stations
Grade Level: Elementary
Description: See below for station signs.
<i>Contributor:</i>

Mini

Trampoline

Low Balance

Beam Walk

High Balance

Beam Walk

Wobbly

Boards

1 foot spot

Hopping

Heel-Toe

Line Walking

Bean

Bag Balance

1 foot

Ball sit

Walking

Stilts

Hopscotch

#1

Hopscotch

#2

Squishy

Steps

Rope

Walk

Teddy Bear Stand,

Frog stand, or...

Head stand