



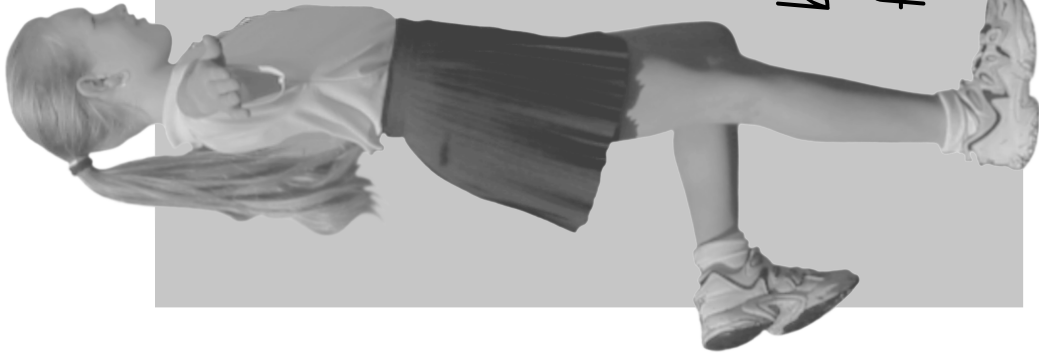
# Get active



## 1. Static balance

**For the supervisor and the student**

look straight ahead



try not to

wobble too much

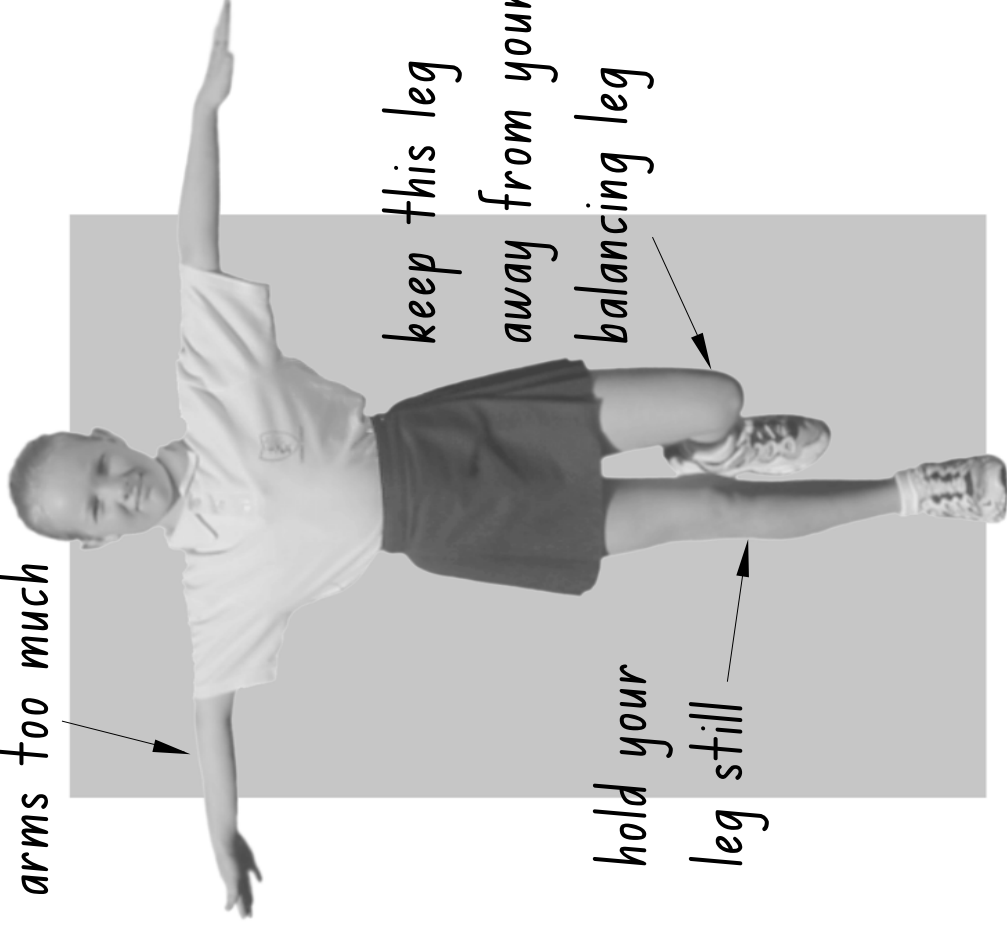
balancing foot is

flat on the ground

Show me how to ... **balance**

1

don't move your  
arms too much



keep this leg  
away from your  
balancing leg

hold your  
leg still

Show me how to ... **balance**

2