



UNIFIED PE

DAY 12: BALANCE

AGENDA

What are we doing?

Learning Goal

Vocabulary

Warm-up: Ninja Balance

Activity: Balance Challenges

Cool Down: Balance & Flow Yoga

What's due?

Exit Ticket – on Canvas in Announcements & under Lesson Materials Module



LEARNING GOAL

I CAN DEVELOP MY
PERSONAL FITNESS TO
STAY HEALTHY AND
ACTIVE AT HOME

VOCABULARY

Balance – the ability to maintain the body in a proper equilibrium

Brain Bites - Balance



WARM-UP: NINJA BALANCE

Directions: Follow along with the video to complete the various balance exercises

Ninja Balance





ACTIVITY: BALANCE CHALLENGE #1

Directions: Follow the directions on the video. We will pause after watching each challenge and do each challenge 3 times.

1. Sit down and stand up
2. Lay down and stand up
3. Lunge Walk
4. Tree pose

At Home PE: Balance Exercises

ACTIVITY: BALANCE CHALLENGE #2 “SOCK BALANCE”

Directions: Follow along with the video and complete each exercise

1. Sock Squats – try to get 5 in a row
2. Sock walk – try to walk 5-10 steps in one direction, and back again

Sock Balance



COOL DOWN: BALANCE & FLOW YOGA

Directions: Follow the yoga moves presented in the video

Yoga Flow: Balance & Flow Yoga

