

The Balance Beam



What can I do on the Balance Beam?

- Hanging Upside Down (High Beam)
 - Hanging upside down and monkey crawl to the other end of the beam
 - Move from bottom of the balance beam to the top of it. (High Beam)
 - Walking normal/flat feet
 - Walking on tiptoes
 - Walking sideways
 - Walking backwards
 - Grapevine
 - Dips with your feet
 - Walk and Kick front and back
 - Walk and do a half turn
 - Walk and do a full turn
 - Walk with your knee extend outward
 - Mountain Pose
 - Warrior Pose
 - Standing on one leg
 - Walk and jump on the beam
 - Running
 - V-sit on the beam (count how long you can sit there for)
 - Go from high to low to high again
 - Hold a position
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- **Play a game of who can stay on the balance beam the longest.**