



PHYSICAL

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## Balance Test

Sponsored by Premier Education



**Overview:** With limited space and equipment, this is a great way to wake up children's bodies and minds.

**Time:** 5-10 minutes.

**Equipment required:** A timer and a small, soft object to rest on knee.

### Benefits:

- Improves focus and discipline.
- Builds a great sense of balance.
- Can contribute to more stable hips and core muscles.
- No running around needed!

### Preparing:

1. Find an area with enough room to take a few paces in all directions.
2. Have your child(ren) give their whole body a big shake before they start.
3. Make sure they're focused and ready!
4. Have them focus their eyes on a fixed point in front of them, just below eye-level.
5. Place one foot on the floor and raise the other leg, so that the knee in front is at a 90-degree angle.

### Playing:

1. The game is simple - the child needs to place a household object (like a bean bag or some rolled socks) on the raised knee.
2. Once the object is on, the timer starts. Their mission is to be able to stand in that position for 30 seconds!
4. If the object falls off the timer stops until it's back on.
5. If they manage 30 seconds in a row, up the timer to 60 seconds and so on. Remember to swap legs between attempts!