



Balance: Bosu Single Leg Balance

Equipment:

Bosu ball x2.

Set-up:

N/A

Description:

The aim of this activity is to improve the students' ability to balance on an uneven surface on one leg. It will also require focus and concentration.

Instructions:

The student steps onto the center of the bosu with one foot and tries to balance for as long as possible without stepping off the bosu or without any other body part (including other foot) coming into contact with the bosu for support.

Scoring:

The student that can balance for the longest period of time on the bosu will score 3, the runner-up scores 4 and all other students in the group score a 5.

