



Balance: Stability Ball Kneeling

Equipment:

Stability Ball x2.

Set-up:

N/A

Description:

The challenge is for the students to be able to kneel on the stability ball without touching the ground. An advanced level of balance is required for this activity.

Instructions:

The student has to figure a way to get onto the stability ball so that they are in a kneeling position on the ball. They are then attempting to remain on top of the ball for as long as they can without losing balance and falling off.

Scoring:

Students that can balance for over 20 seconds without falling off score a 3. Anyone that can't reach 20 seconds scores a 4.

