

Name: _____ Grade: _____

Date: _____

Balancing Worksheet

Read the questions below and circle the best answer

1. What is one of the best ways to help you keep your balance?

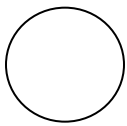
- A. Hold your breath B. Keep your eyes focused on a point C. Close your eyes

3. How can your arms help you balance?

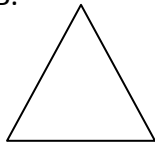
- A. Being out to the side B. Being next to your sides C. Being straight up in the air

2. What shape has the best balance?

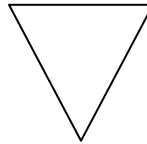
A.



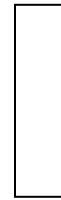
B.



C.



D.



3. Why does the shape you chose have the best balance?

- A. Because it is round so it can roll in all different directions
B. Because it is tall
C. Because it has the biggest part touching the ground

4. When *balancing* an object on your body you must do all of the following EXCEPT:

- A. Keep your eyes focused B. Move Slowly C. Shift your weight D. Hold the object

5. What was your favorite activity?

- A. The Hungry Crab B. The Helping Game C. Locomotor Dice Tag

6. When someone helps you, what do you say?

- A. Get away B. Thank you C. Don't say anything