

Physical Education (PE) - Athletics

# Balance

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**OAK**  
NATIONAL  
ACADEMY

# Athletics: Lesson 6 - Balance

In this lesson, you will develop your stabilising muscles to improve your balance and posture. In athletics, stability and core strength is key to being a successful athlete and required in all athletic events.

## Learning intention

- **Physical:** to use core strength to support dynamic balance
- **Personal:** to show commitment and effort to an activity.

## Tasks

### 1) Toe tap

- Place 6 household items in a circle, with a diameter of approximately 2m
  - . Stand in the middle of the circle and, whilst balanced on one leg, touch each item with your toe, without falling over
  - Repeat using the opposite leg



## 2) Extension:

- Repeat the exercise but raise your heel off the floor so that you are on the ball of your foot
  - Swap legs once you have successfully touched each item

## 2) Personal challenge

- Move the objects further away to increase the difficulty rating of the task
  - Then start in a plank position and try to touch each item with your fingertip
  - Repeat with your non-dominant side



## Learning questions:

How do static and dynamic balances differ?

Which exercises can you think of which strengthen your core?

## STEP

**S** - Increase/reduce the diameter of the circle

**T** - Time yourself to complete the challenges

**E** - Use a smaller/larger household items

**P** - Perform the plank on your knees

