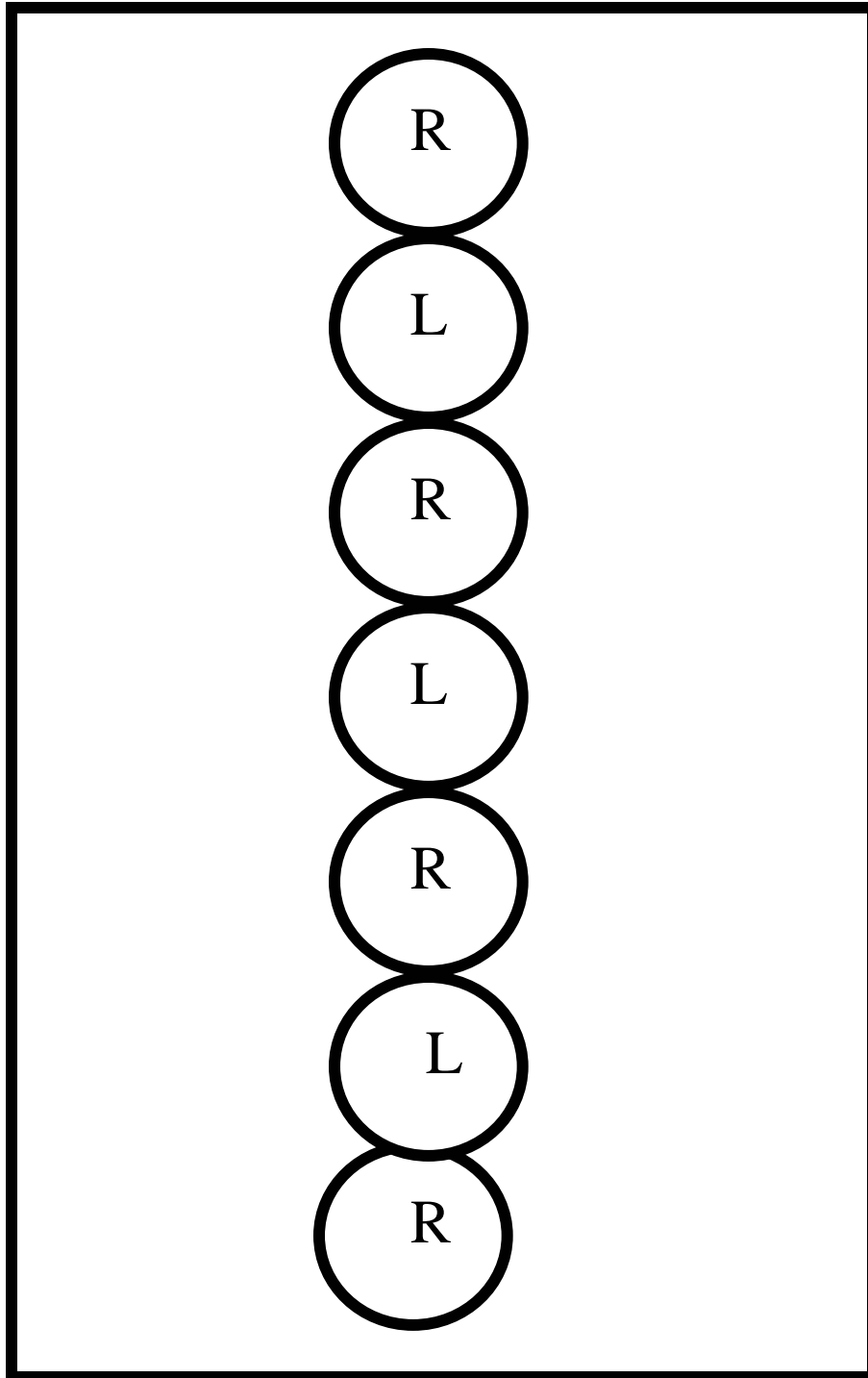
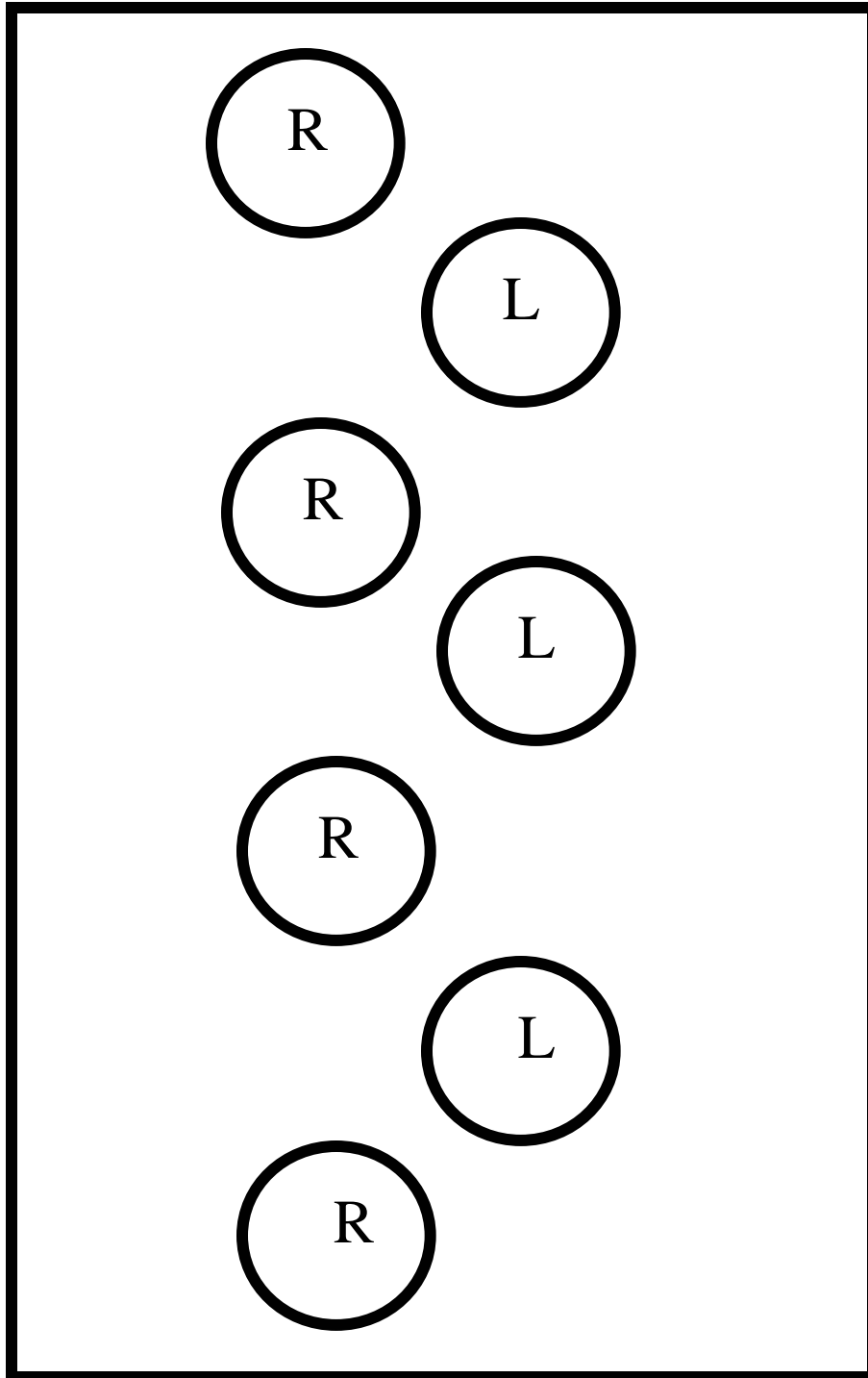


Straight Pathway



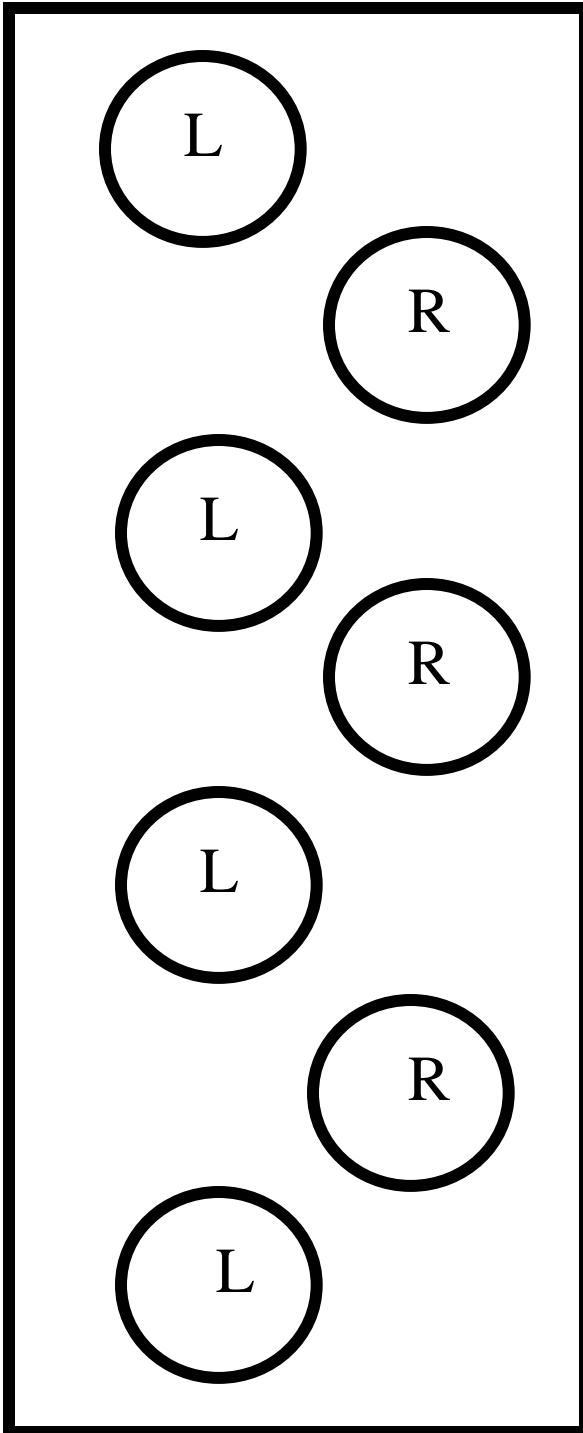
Can you travel forwards, backwards, and Sideways on these dome cones without falling?

Zig-Zag Pathway



Can you travel forwards and backwards on this zig-zag pathway without falling?

Zig-Zag Pathway Crossover Step



Can you travel forwards and backwards on this zig-zag pathway using the crossover step without falling?

DOME CONE CHALLENGES

Can you...

- **Balance a bean bag on your head and other body parts while walking on the dome cones.**
- **Pick up a bean bag from the floor, move forward, place it on the floor, and pick up another one while balancing on the dome cone?**
- **Travel forward, backwards, and sideways without falling off and with control?**



STABILITY PAD CHALLENGES

Can you...



- **Balance on your right foot**
 - **Balance on your left foot**
 - **Balance on your knees**
 - **Balance on one knee**
 - **Balance on your gluteus maximus**
 - **Do the superman balance (on your stomach)**
 - **Make your own pathways and travel using different body parts for balancing.**
-
- **Balance a bean bag on your head and other body parts while walking on the stability pads.**

 - **Pick up a bean bag from the floor, move forward, place it on the floor, and pick up another one while balancing on the stability pads?**

 - **Travel forward, backwards, and sideways without falling off and with control?**

STABILITY BALL CHALLENGES

Can you...



- Ride the horse?
- Seat Balance?
- Seat Balance to Ride the Wave?
- Knee Balance?
- Do 10 curl-ups?
- Do foot patterns while bouncing - straddle, together, and skier?
- Do the superman/eagle balance
- Do drumming?
- Bounce and turn right and left?
- Do the alligator?
- Do the alligator and 3 push-ups?
- Do the tiger?
- Do the back stretch?
- What else can you do?



THE TIGER





FOOT PATTERNS

TOGETHER



STRADDLE