

Understanding Balancing Activities

Chapter 4: Balancing Activities · Topic 1

Key Concept

Standing on one leg for a few seconds is a simple balancing activity. Walking slowly along a straight line drawn on the ground also helps us practice balance.

Balancing activities make our legs and core muscles stronger and help us become more steady in our daily movements.

Another balancing activity is walking heel-to-toe, placing one foot directly in front of the other, which requires more concentration and control.

Good balance helps us in many daily activities, like climbing stairs, riding a bicycle, or simply avoiding trips and falls.

Quick Revision Notes

- Balancing means keeping our body steady without falling.
- Standing on one leg is a balancing activity.
- Walking on a line helps practice balance.
- Balancing activities strengthen our legs and core.
- Heel-to-toe walking is another balancing activity.
- Heel-to-toe walking requires concentration and control.
- Good balance helps with climbing stairs and riding a bicycle.
- Good balance helps avoid trips and falls.

Practice Questions

- 1 Practice standing on one leg for five seconds.
- 2 Try walking slowly along a straight line.
- 3 Challenge a friend to a balancing activity.
- 4 Talk about which balancing activity was hardest for you.
- 5 Try walking heel-to-toe for ten steps.
- 6 Practice balancing on one leg with your eyes closed, carefully and safely.