

# Balance & Coordination

Eight drills, no equipment

- 1 — STORK — stand on one leg, hold for 30 seconds. Switch.
- 2 — TIGHTROPE — walk heel-to-toe along a line. 10 steps forward, 10 back.
- 3 — CROSS-CRAWL — march in place, touching opposite knee with opposite hand. 30 reps.
- 4 — HEEL-TOE TURN — walk heel-to-toe in a circle, turning slowly.
- 5 — BIRD DOG — on hands and knees, extend opposite arm and leg. Hold 5 seconds.
- 6 — BUNNY HOPS — small two-footed hops, 10 forward, 10 backward.
- 7 — CLAP-AND-JUMP — jump while clapping at the top of each jump. 20 reps.
- 8 — EYES CLOSED STORK — once stork is mastered, try with eyes shut. Much harder!
- Use these as a 5-minute warm-up at the start of every PE lesson.

