

A balance on one-foot with the sole of the non-supporting foot placed against the calf or thigh of the supporting leg.



- Keep the head up and focus on a stationary object for balance
- With the back straight, shift the weight slightly to the support leg

- Raise the arms to the side for balance

- Raise the non-support leg and place the foot on the calf or thigh of the support leg with the knee bent and pointed out to the side
- Hold

## I can also...

- participate in gymnastics
- perform yoga balances
- participate in figure skating

## Self Check Questions:

- Can I keep my balance by focusing on a stationary object and extending my arms to the side?
- Can I balance on either my right leg or my left leg?
- Can I place my foot on the calf or the thigh of my support leg?