

Stability Skills: Success Criteria

Description of Static Balance: Maintaining a desired shape in a stationary position.

Description of Dynamic Balance: Using core strength to maintain balance and control of the body as it moves through space.

Examples: bending, stretching, twisting, turning, rolling, balancing, transfer of weight, lunging, landing.

Movement Skills

Static Balance:

- I can position my arms and legs effectively to maintain my balance.
- I can use different body parts for counterbalance.
- I can focus on an external object to help maintain balance.
- I can contract my muscles to hold a balanced pose.

Dynamic Balance:

- I can shift weight from one body part to another without losing my balance.
- I can absorb force through my ankles, knees and hips.
- I can use my hands or feet evenly to maintain my balance while supporting my body.
- I can use my hands or feet evenly to maintain my balance while pushing or pulling an object.
- I can contract my muscles to maintain balance while transitioning between poses, repetitions or elements of a routine.

Combining Stability with Locomotion Skills:

- I can establish a wide base of support for a controlled landing.
- I can maintain my balance during an aerobics routine.
- I can maintain my balance while wheeling around obstacles on a course.

Applying Movement Concepts:

- I can move in a fluid motion while maintaining my balance.
- I can maintain my balance during a partner balance.
- I can maintain my balance while moving in different pathways, directions and levels.
- I can adjust to various environmental conditions to maintain my balance.

Applying Movement Principles:

- I can establish a wide base of support to be more stable.
- I can lower my centre of gravity by bending my knees or arms.
- I can place my centre of gravity over my base of support to be more stable.
- I can shift my centre of gravity outside my base of support to become less stable to move.
- I can maintain my balance while giving force to my body or an object.
- I can maintain my balance while receiving force to the body.
- I can maintain my balance while rotating around an axis.

Thinking About Performance (Living Skills):

- I can analyze my ability to perform a stability skill and make adjustments to improve my skills.
- I can use feedback from my partner to improve my stability while performing a dance routine.
- I can use my critical thinking skills to plan how I can challenge myself while using my stability skills in a yoga routine.

Improving Performance:

- What stability concepts and principles are important to use when completing your fitness, yoga or dance routines?
- How can you use the same principles of stability when starting a race or sending or receiving an object in a variety of activities?
- How can you improve your stability to increase your success during physical activity?