

# **Balancing**

## **K-5 Physical Education**

### **Benchmarks**

#### Kindergarten

1. Is able to balance on different bases of support.
2. Is able to balance using different widths.

#### Grade One

1. Is able to experience balancing using different shapes.
2. Is able to balance while stopped.
3. Is able to balance while traveling.

#### Grade Two

1. Is able to experience balancing using different shapes.

#### Grade Three

1. Is able to balance on different bases of support.

#### Grade Four

1. Is able to balance symmetrically and non-symmetrically.
2. Is able to balance in different body shapes.

#### Grade Five

1. Is able to move from one balance to another without any trouble.
2. Is able to relate different balancing skills with other balancing skills.