

# Balance Station



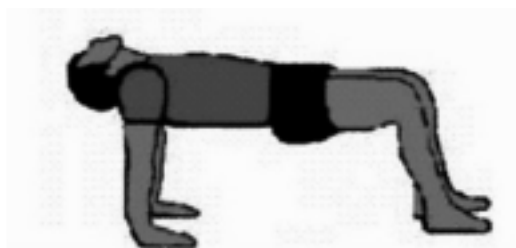
**Stork Stand**



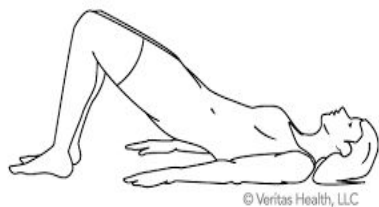
**V-Sit**



**Frog Stand**



**Table**



**Bridge**



**Shoulder Stand**

**CHALLENGE: Teddy Bear Headstand**

# Balance Walking Station

- Walk Forwards
- Shuffle Sideways (Left and Right)
- Crawl
- Knee Walk
- Tip Toe
- Inch Worm



- **CHALLENGE: Stretch Jump**



# Roll Station

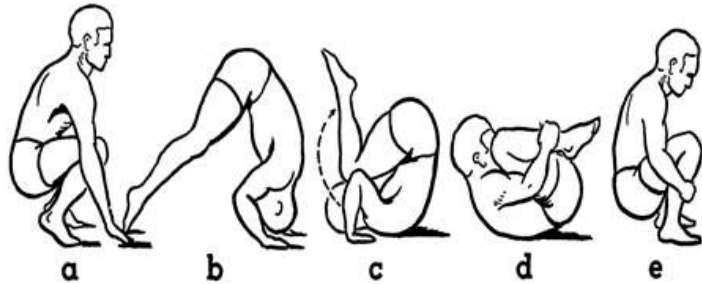
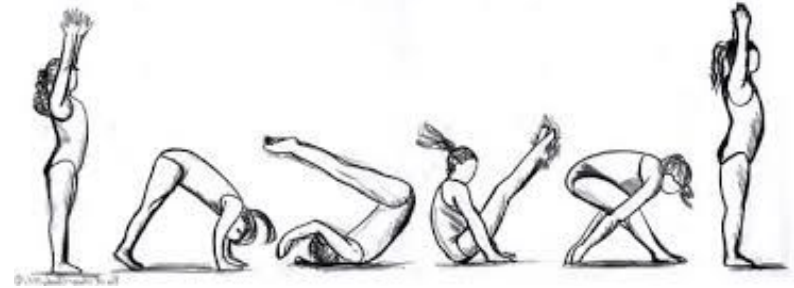


Fig. 1

## Forward Roll



## Forward Roll- Stick the Landing



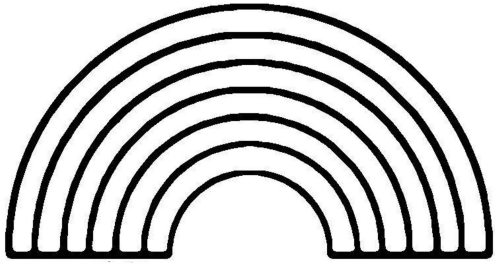
## Log Roll

## Forward Roll Over Laying Partner

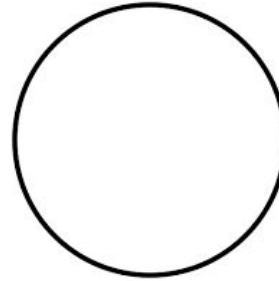
## CHALLENGE: Judo Roll



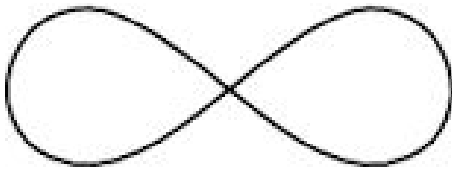
# Ribbon Station



**Rainbow**



**Circle**



**Figure Eight**



**Serpent**



**Tornado**

**Whip**

# Non-Walking Movement Station

**\*Must do 20 steps of each to be counted**

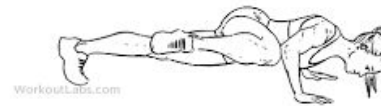
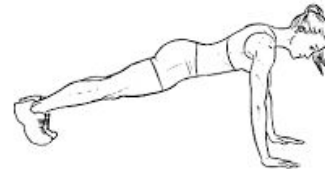


**Crab Walk**



**Bear Walk**

**Alligator  
Walk**



**Spiderman**



**CHALLENGE: Wheelbarrow with a Friend**

# Mirror Station

**Step 1: Line up nose to nose with partner. Each partner take one step back.**

**Step 2: Partner performs simple body movements. Partner 2 must copy these movements, as if he is partner 2's mirror image.**

**Step 3: After 30 seconds, partner 2 does the movements and partner 1 mirrors.**

**Step 4: Find a new partner and start again!**