

UNIT 1 : Creative Movement – Grade 3

Which balance is a **moving balance** and which is a **still balance** ?

	
Answer:	Answer:

Partner Balances:

Which is a **pushing balance** and a **pulling balance**?

	
Answer:	Answer:

Good Balance:
Bad Balance:

Answer:	Answer:
When you are strong and can keep your body up.	When you are wobbly and fall over.