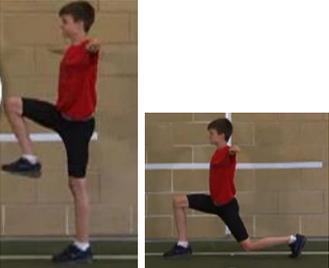


5. Dynamic Balance with Upper / Lower Limb Coordination - Travelling along Lane & Line

Dynamic balance is the ability to control the body during movement. An athlete uses **dynamic balance whenever they run, hurdle, jump or throw**. Athletes should ensure that they maintain / **regain balance throughout every movement**. It is assumed that all challenges are completed where appropriate with **both lead legs** and/or both directions. All walking drills from Yellow -Gold should involve the athlete using a correct **arm action (hands from 'lips to hips')** and with good posture

Stage 1 Red Challenges

- 5a) Along a line, walk naturally with **fluidity and minimum wobble**.
- 5b) Along a line, walk naturally with **fluidity and minimum wobble** but now **backwards**.
- 5c) Along a line, **Take tiny steps (feet touching each time)** placing **heels down first** and then **rolling forwards on to the toes**.
- 5d) Demonstrate a **double leg Hamstring lean** (stork position) to 20° with correct posture.
- 5e) **Basic lunge**, with arms out for balance, along a lane and then a line.

<p>Along a <u>line</u>, walk naturally with fluidity and minimum wobble.</p> 	<p>fluidity and minimum wobble but now backwards.</p> 	<p>Take tiny steps (feet touching each time)</p> 	<p>Double leg Hamstring lean 20 DEGREE. Hands on hip & up down x 5</p> 	<p>Basic lunge arms out by side – karate kid style. Down & up x5</p> 
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Stage 2 Yellow Challenges

- 5a). Walks fluidly, **driving the knees up so there is a 90° angle at the hip** along a line.
- 5b). Walks fluidly lifting the heels up and under and **keeping the toes up along a line**.
- 5c). Demonstrates **'Ankle Walks'** with tall upright posture along a lane. Athlete should pause midway in each step.
- 5d). Demonstrates a **double leg Hamstring lean (stork position) to 45°** with correct posture.
- 5e). **Basic lunge with arms by side** along a lane and then a line.

<p>high knees up 90° hip walk</p> 	<p>heels up & under buttocks</p> 	<p>'Ankle Walks' tall toe/heel</p> 	<p>double leg Hamstring lean (stork) to 45°</p>  <p>x5 hands on thighs</p>	<p>Basic lunge with <u>arms by side & up</u> x5</p> 
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Stage 3 Green Challenges

- 5a) Along a line, walk fluidly, **driving the knees up so there is a 90° angle at the hip** but now backwards.
- 5b) As Green 5a, but with **tiny steps with ball to heel landing**, and pushing forwards off the ball.
- 5c) Complete Red 5a and 5b on a low beam. (Footage Coming Soon)
- 5d) Demonstrate a **double leg Hamstring lean (stork position) to 90°** with correct posture.
- 5e) **Basic lunge, with arms overhead**, along a lane and then a line.

<p><u>Backwards</u> driving the knees up so there is a 90° angle at the hip</p> 	<p><u>Backwards</u> tiny steps with ball to heel landing</p> 	<p><u>double leg Hamstring lean</u> (stork position) to 90°</p> 	<p>Basic lunge, with arms overhead,</p> 
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Stage 4 Purple Challenges

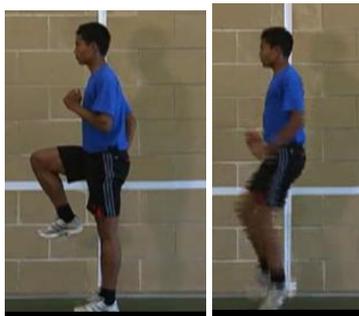
- 5a) Along a line, walk forwards then backwards, **fluently combining heel up** with the knee drive (slow controlled movements).
- 5b) As Purple 5a, but with tiny steps; **ball to heel pushing forward off the ball**.
- 5c) Complete Yellow 5a and 5b on a low beam. (Footage Coming Soon)
- 5d) **Demonstrate Hamstring Walks (stork position) with lean to 20° angle**, arms out to side for balance and correct posture for 10m.
- 5e) **Lunge walking with upright posture, and opposite elbow at 90°, for 10m.**

<p><u>Big steps forwards then backwards</u>, fluently combining heel up</p>  <p>Strong arms/leg walk/<u>march</u></p>	<p><u>Tiny steps</u> ball to heel pushing forward off the ball.</p> 	<p>(stork position) with lean to 20° angle</p> 	<p>Lunge walking with upright posture, and <u>opposite elbow at 90°</u>, for 10m.</p> 
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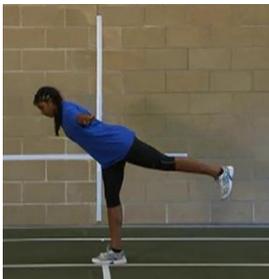
Stage 5 Blue Challenges

- 5a) Along a lane, demonstrate **'High knee and stick'** from flat foot maintaining good posture.
- 5b) Complete Green challenges A - B now on a low beam. (Footage Coming Soon)
- 5c) Demonstrate **Hamstring Walks (stork position) with lean to 45° angle**, arms out to side for balance and correct posture for 10m.
- 5d) Lunge walking **backwards for 10m.**

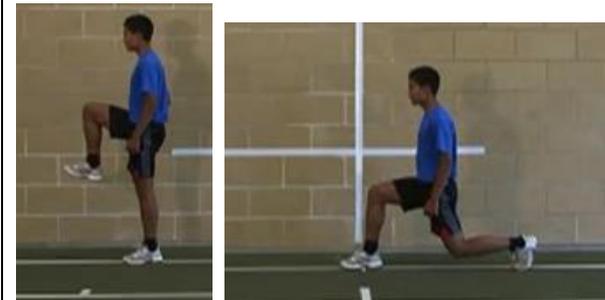
'High knee and stick' ON SPOT UP DOWN from flat foot maintaining good posture.



stork position with lean to 45° angle



Lunge walking UP KNEE - **backwards for 10m hands outwards!!!**



Stage 6 Black Challenges

- 5a) Along a lane, demonstrate 'High knee and stick' from ball of the foot maintaining good posture.
- 5b) Along a lane, demonstrate 'High knee and stick' from push off maintaining good posture.
- 5c) Demonstrate **Hamstring Walks (stork position) with lean to 90° angle**, arms out to side for balance and correct posture for 10m.
- 5d) Lunge Walking with upright posture, opposite elbows at 90° and with **eyes closed, for 10m.**

Quicker PUMPING ACTION
demonstrate 'High knee and stick'



Move Along a lane, demonstrate 'High knee and stick' from BIG TOE push off HIGHER KNEE



stork position) with lean to 90° angle, arms out to side for balance



LUNGES 10M with eyes closed, for 10m.

