



Balance Challenge

How long can you keep your balance?

What you need:

- Ruler
- Stopwatch
- Data Sheet
- Pencil

What to do:

1. Stand barefoot on a flat, hard surface.
2. Start the stopwatch.
3. Lift your left foot about 6 inches off the ground. How many seconds can you stay balanced before you feel wobbly or your foot touches the ground?
4. Record the number of seconds you were able to stay balanced.
5. Repeat this two more times to calculate your average balance time.

*For an even bigger challenge, try these moves while you balance:

- touch your nose with alternating fingers
- put both hands on your head
- pat your head and rub your stomach
- hands on your hips
- arm circles
- spell your name backwards!

Now, ask yourself this:

- Did your balance time improve over time? Why do you think this happened?
- Can practice improve your balance time?
- How does your body maintain its balance? To stay balanced, one's center of gravity must stay above the area outlined by its base.

Did you know?

Practice makes perfect. The more times you try something, the more your brain will learn how to do it. This is related to **consolidation time**, which is the time needed for new memory of information or a task to be stored in a permanent, chemical way. When you first learn a new skill, the information is stored temporarily as an electrical code within the brain. This electrical code is not stable, so you will quickly lose the information if you stop practicing. However, if you practice over time, the electrical code is changed and stored in a more permanent, stable chemical code.

Balance Challenge Data Sheet

Time
Average

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Time
Average