F-2 Dance Resource: Balance

**[Jen]:** You are balancing when you are standing, sitting, and even when you are lying down.

Your feet are very important for balance.

**[David]:** If you ask your students to sit on the floor...

If you look at the bottom of your foot, pointing to your big toe, little toe and heel, these are what we call our three points of contact.

So if you were to place your foot flat on the ground in front of you, you want to feel those three points firmly on the ground.

So let's have one more look at those points. You've got your big toe, little toe and heel, big toe, little toe and heel.

**[Jen]:** This would also be a good time to show students a picture of the triangular shape that you are making.

**[David]:** It's also important to get students doing movements on both sides of their body. So, picking up your other foot now. Having a look at your big toe, little toe, heel. Big toe, across your little toe, down to your heel. So you can now see that triangle shape.

You can also get the students to draw the triangle in front of themselves, so if you imagine the sole of your foot in front of yourself, put your hand up so your fingers are at your big toe, you can take them across the little toe and up to the heel.

Let's do that again.

**[Both]:** Big toe, little toe, heel.

**[David]:** Big toe, little toe, heel.

Should we do that with our other arm, but make it bigger this time?

**[Jen]:** OK.

**[David]:** So now I've got our big toe, little toe, heel. Even bigger.

Big toe, little toe, and heel.

**[Jen]:** You can also turn this into a short balancing and rocking exercise with the students.

One.

Two.

Three.

Balance.

Hold. Two. Three.

And down.

One. Two.

Three.

And balance, and hold. Two, three, and down.

Now David will show some other balance exercises.

Two hands and two legs.

Two hands and one leg.

We can also do balance exercises lying down.

Steady balances and moving balances.

Now, heels off the floor.

And down.

Heels off the floor, and down.

Heels off the floor, and hold, and hold, and down.