

**17. Balance beam: walk steps, 180° turn, full turn with changing feet,
half turn on one leg, standing scale**

1. Propose at least 5 different types of walking that can be used on the balance beam.

a) _____

b) _____

c) _____

d) _____

e) _____

2. What mechanical parameters determine the degree of stability during walking?

3. Maintaining balance in the stand on tiptoe is important for turns. How long can you stand on your right and left tiptoe with your hands on your hips? Do 3 attempts on each leg, record the best.

right leg: _____ left leg: _____

4. How can we facilitate the conditions at the beginning of the training of elements on the balance beam?

5. What are the common faults when performing turns?

6. Describe the sequence of movements when performing the standing scale:

a) _____

b) _____

c) _____

d) _____

e) _____