



BALANCE

I can stand still

I can balance on one foot and count to five (on both sides)

I can stand and touch my toes

I can balance a beanbag on my head while walking

I can run and stop quickly when asked to do so

STICKER WHAT MOVES YOU CAN DO!



STICKER WHAT MOVES
YOU CAN DO!

BIG MOVE

I can **balance** a beanbag on my head
while walking

WEE MOVE

I can **tap** each of my finger on the table
from 1-10

BALANCE MOVE

I can **lie** on my back with the soles of my
feet on the floor and lift my head

HEALTHY MOVE

I can **eat** a piece of fruit

