

**FIT EXPLORER MISSION HANDOUT****YOUR MISSION: Mission: Control!**

You will perform throwing and catching techniques on one foot to improve balance and *spatial awareness*. You will also record observations about improvements in balance and *spatial awareness* during this physical experience in your Mission Journal.

All people need to have well-developed balance and *spatial awareness*. If not, we would all fall over constantly and have trouble walking around corners. Seeing our surroundings and being able to move around them is important so we do not bump into things and get hurt.

When you are participating in athletics, especially sports such as dancing, skateboarding, bowling, diving, and skiing, balance and *spatial awareness* are very important. Even jumping on a trampoline or riding a bicycle requires both!

MISSION QUESTION: How could you perform a physical activity that would improve balance and *spatial awareness*?

**MISSION ASSIGNMENT: Balance Training****Practice:**

- ⇒ Choose a smooth-surfaced solid wall, approved by an adult for use.
- ⇒ Bounce a tennis ball off the wall and try to catch it while balancing on one foot. Raise your foot up behind you, level with your knee.
- ⇒ Count how many seconds you can stand on one foot while throwing the tennis ball against the wall. Try not to let the ball or your foot touch the floor. Try to balance for at least 30 seconds without falling.
- ⇒ Continue to practice this activity over time until you can keep your balance for 60 seconds without having to start over.

Game:

Divide into groups, each forming a circle. Each circle should contain at least 6 players. In your circle:

- ⇒ Space a distance more than arms length apart.
- ⇒ Try to balance on one foot while gently tossing a gym ball to a player across from you.
- ⇒ If a player loses balance and both feet touch the floor, he or she must hop on one foot, around the outside of the circle before rejoining the game.

- Record observations before and after this physical experience in your Mission Journal.

Follow these instructions to train like an astronaut.