

Static and Dynamic Balance

In the box below check off whether each of the people would be in dynamic or static balance during their activity.

Physical Activity	Static Balance	Dynamic Balance
A gymnast performing a handstand		
A bodybuilder holding a pose		
A figure skater completing a jump		
A skier racing down a course		
A lineman waiting for the quarterback to hut the ball		
A pole vaulter attempting a jump		
A skateboarder performing a stunt		