



# ARABESQUE BALANCE



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## Can you master the arabesque balance?

- This competition is aimed at year 3 and 4.
- Balance on one leg with your arms outstretched and your leg behind you. Try to get your leg parallel with the floor.
- Time how long you can hold the balance.
- You have until Friday 26th March to complete the challenge .
- Please complete the attached scoresheet and email back to [D.Sweeney@kirkbyhighschool.net](mailto:D.Sweeney@kirkbyhighschool.net)
- When completing the scoresheet please put the number of children that competed in each year group and ONLY put the name and time of the top scorer in each year.

