

Weight Measurement - Balance Scale

All Strategies



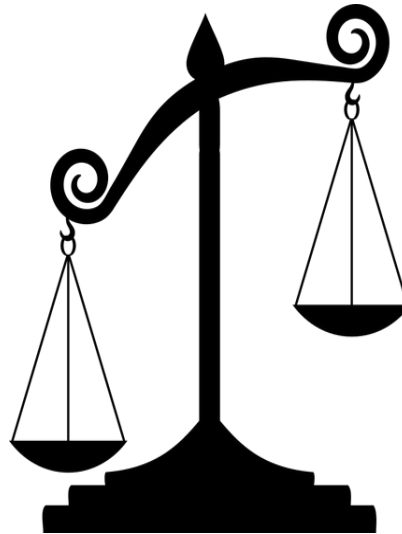
By Greater Richmond Fit4Kids

www.grfit4kids.org



Weight is the same

Heavy

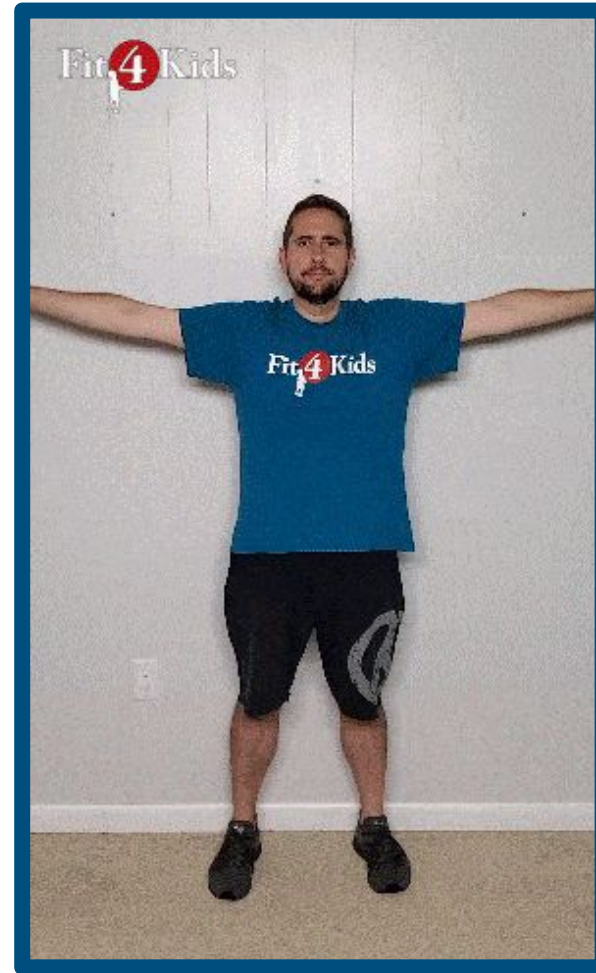
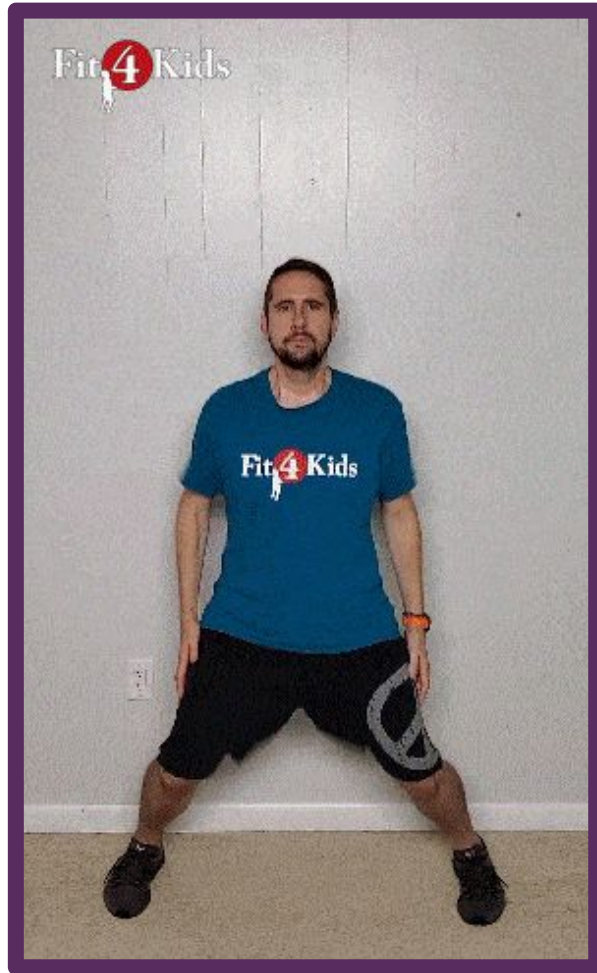


Light

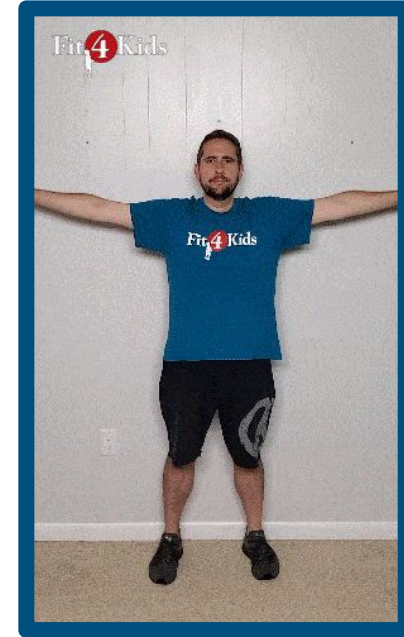
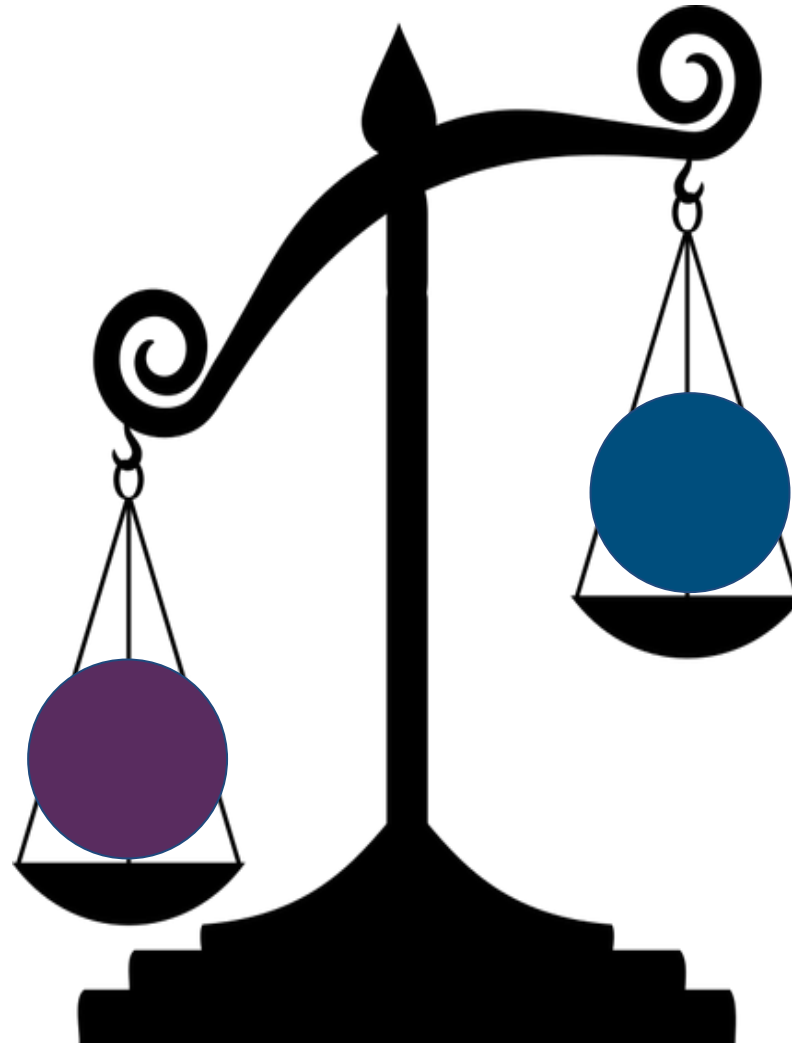


- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer

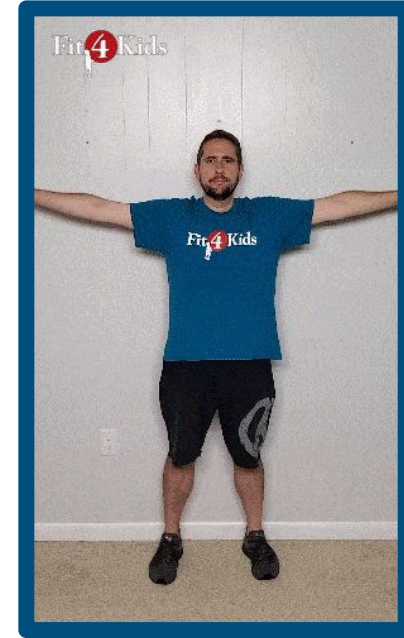
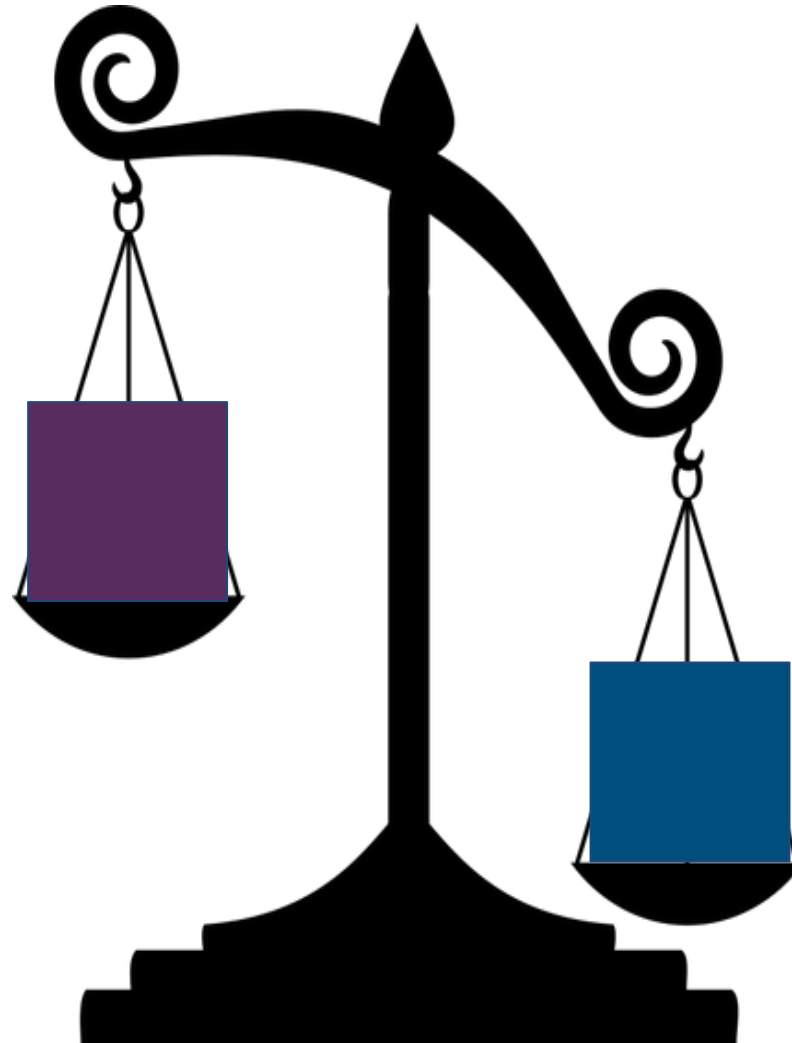




Which is heavier?



Which is heavier?



Pick a Move



Wavy Arms



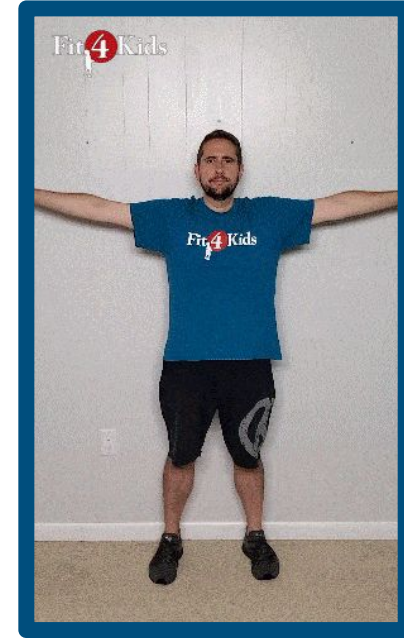
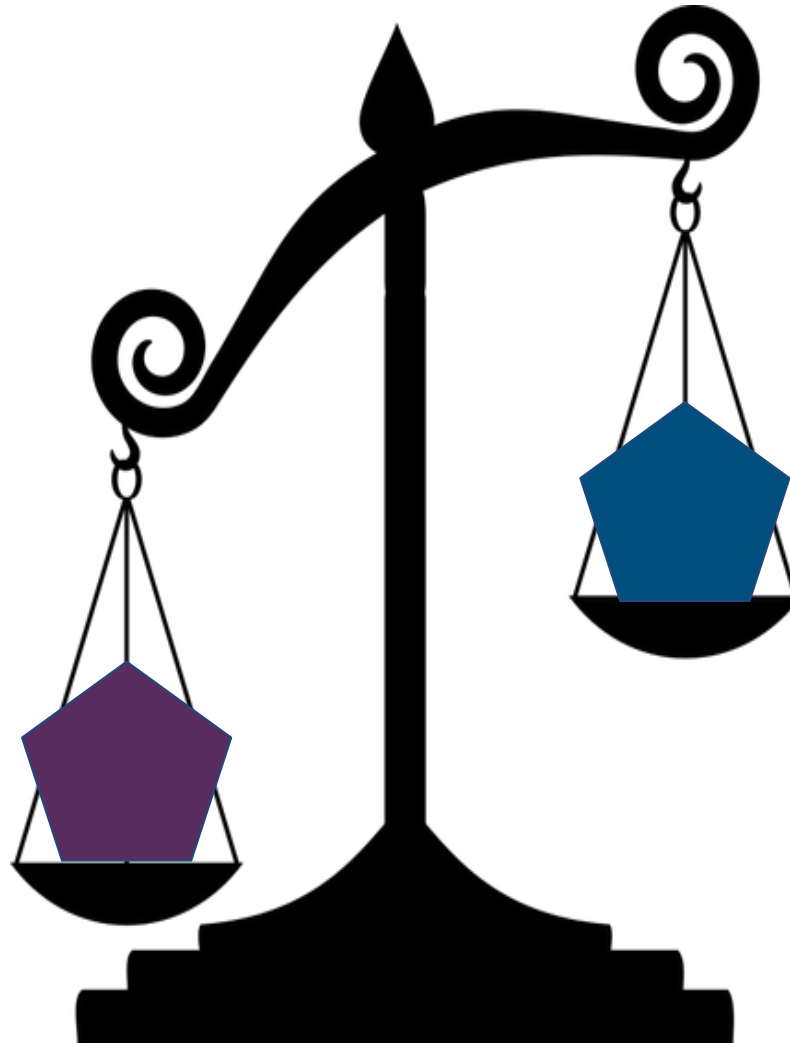
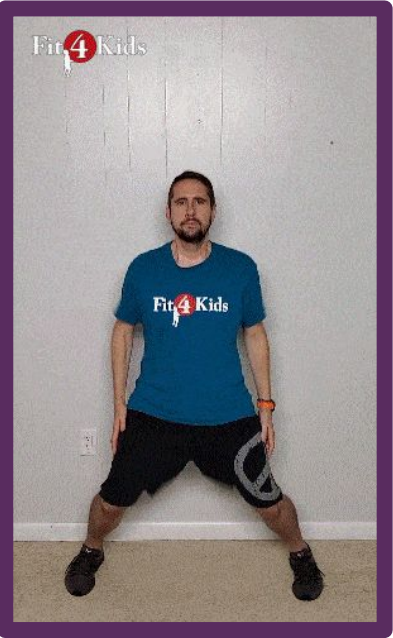
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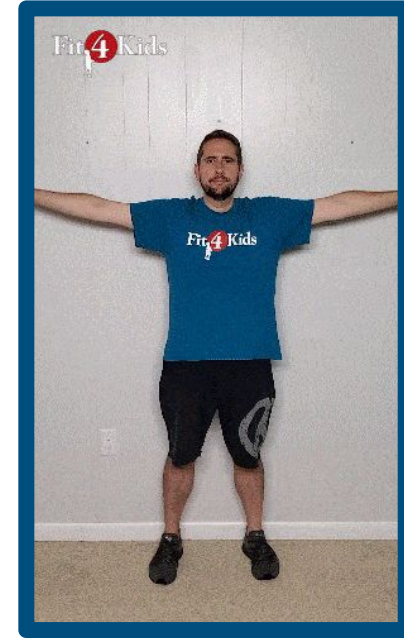
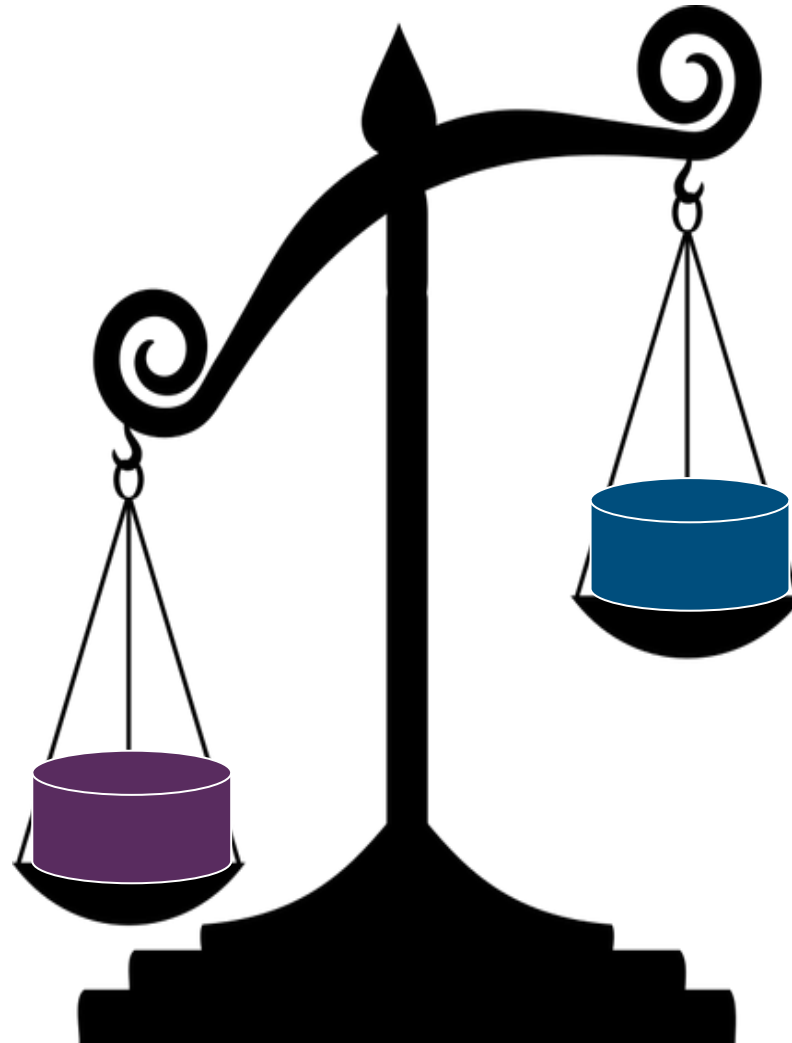
Ski Jumps



Which is heavier?



Which is heavier?



Pick a Move



Tuck Jumps



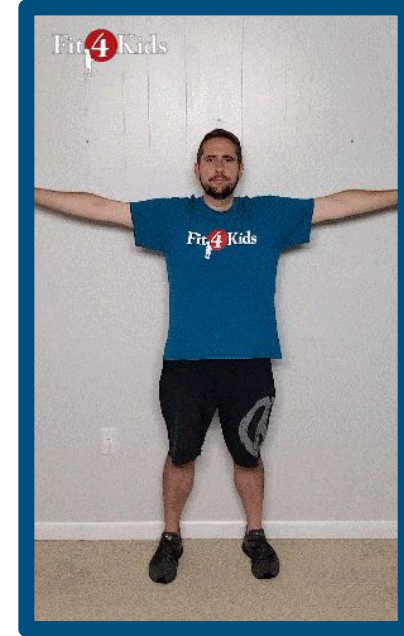
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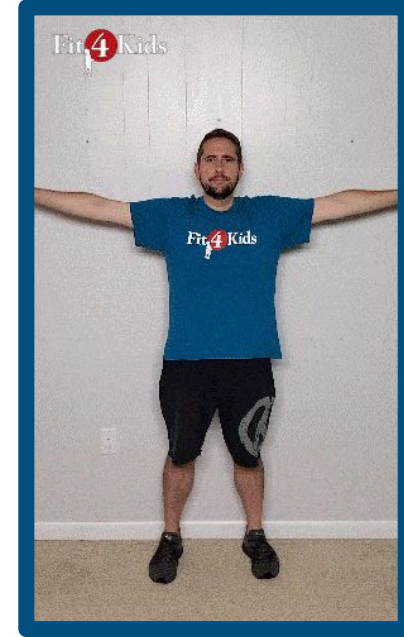
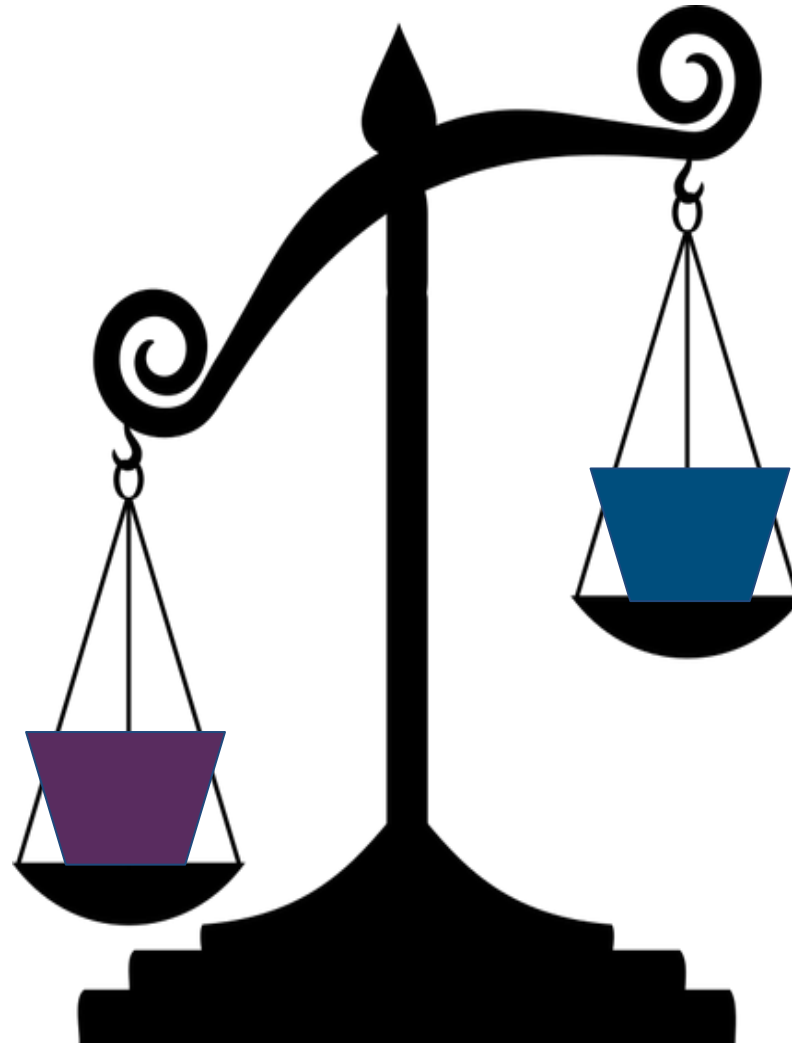
Stretch



Which is lighter?



Which is lighter?



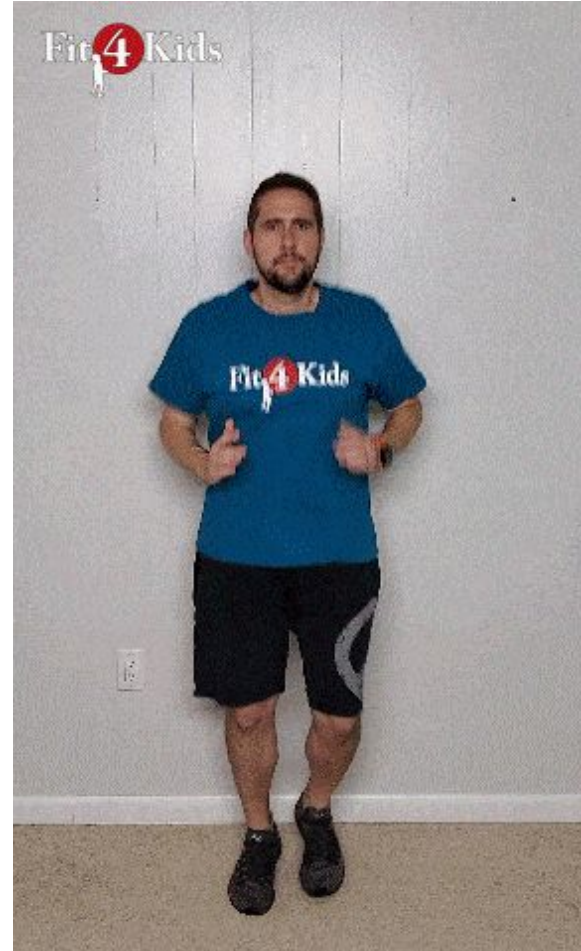
Pick a Move



Sumo Squats



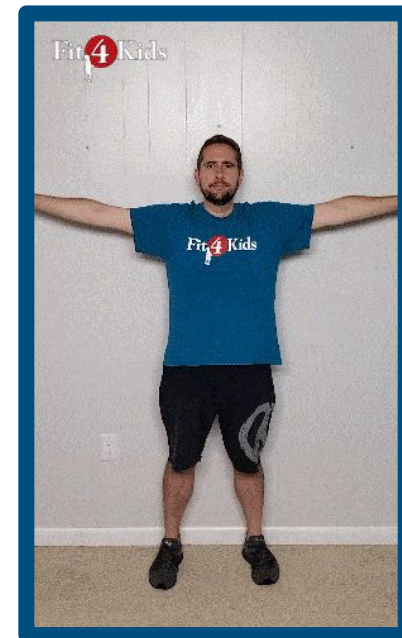
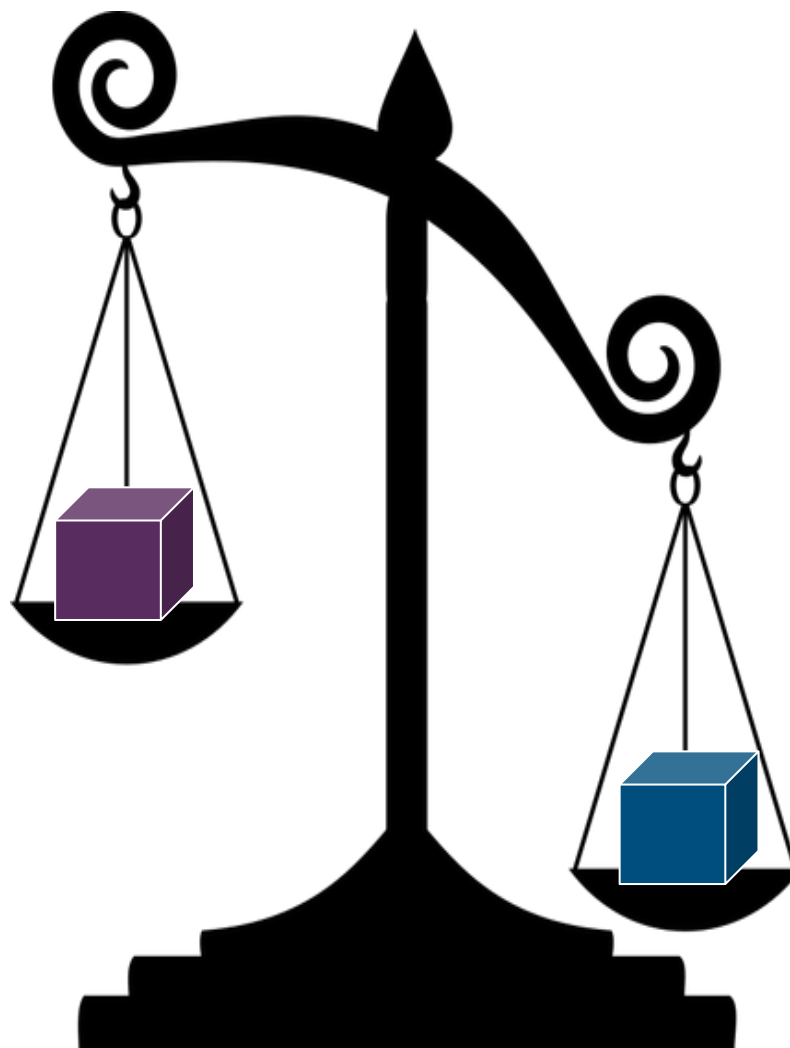
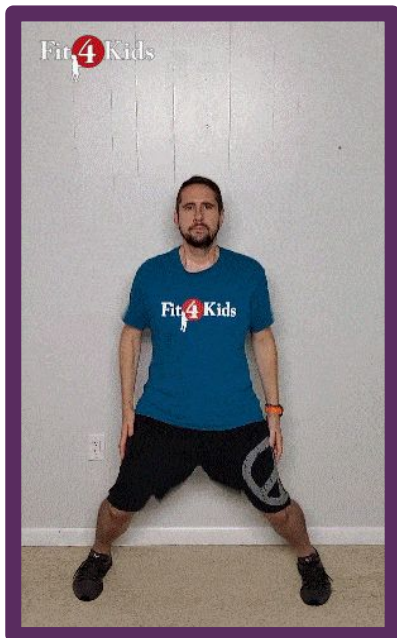
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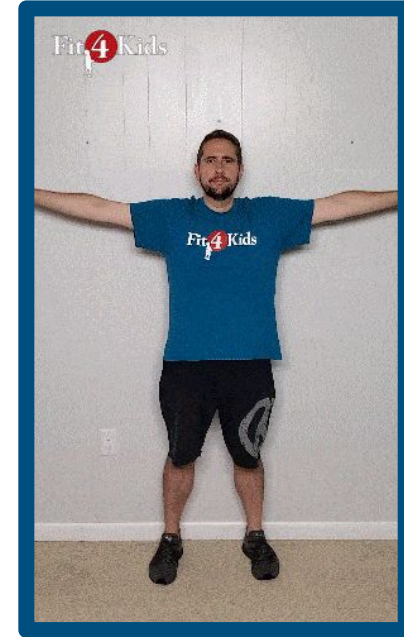
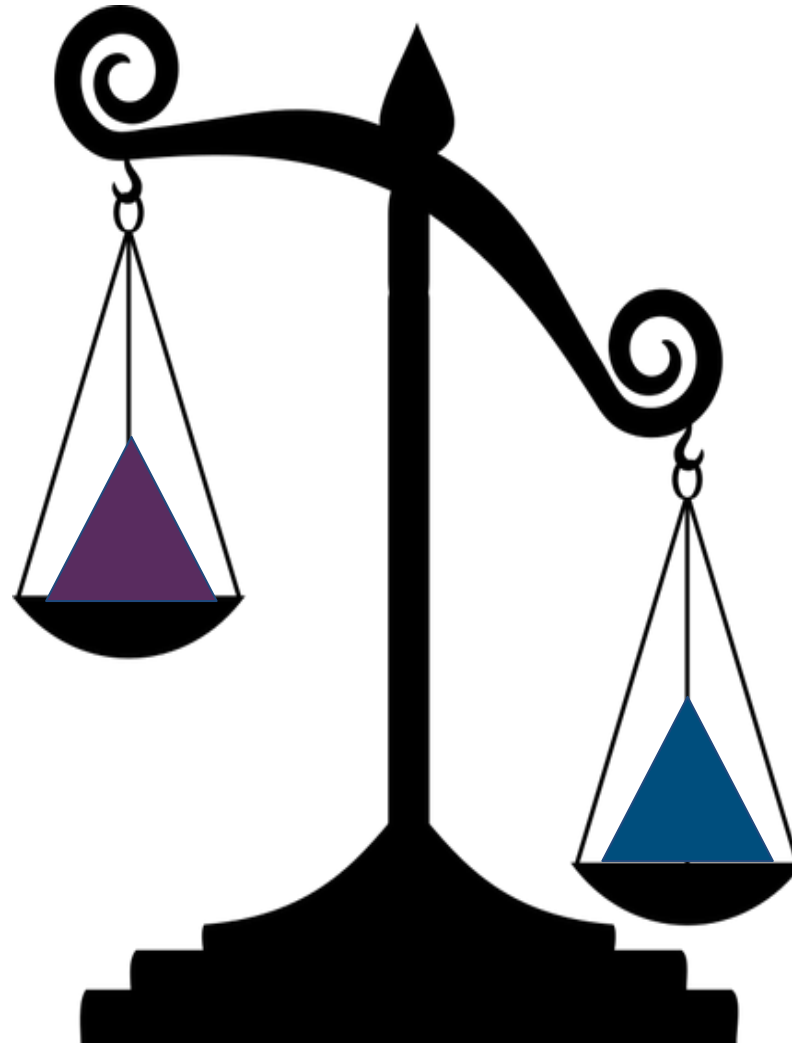
Jog in Place



Which is lighter?



Which is lighter?



Pick a Move



Wavy Arms



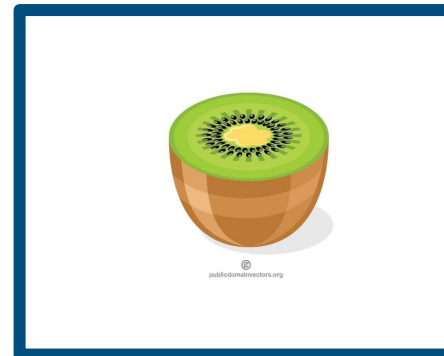
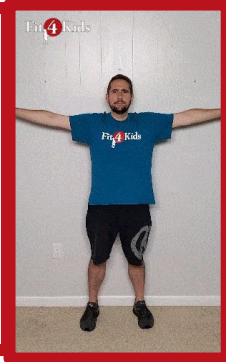
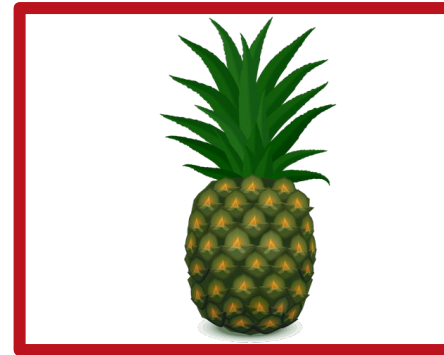
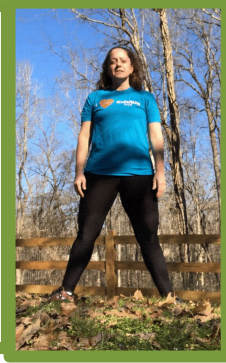
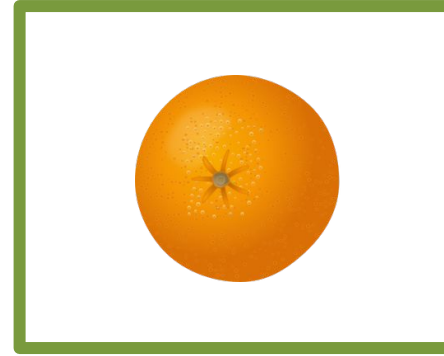
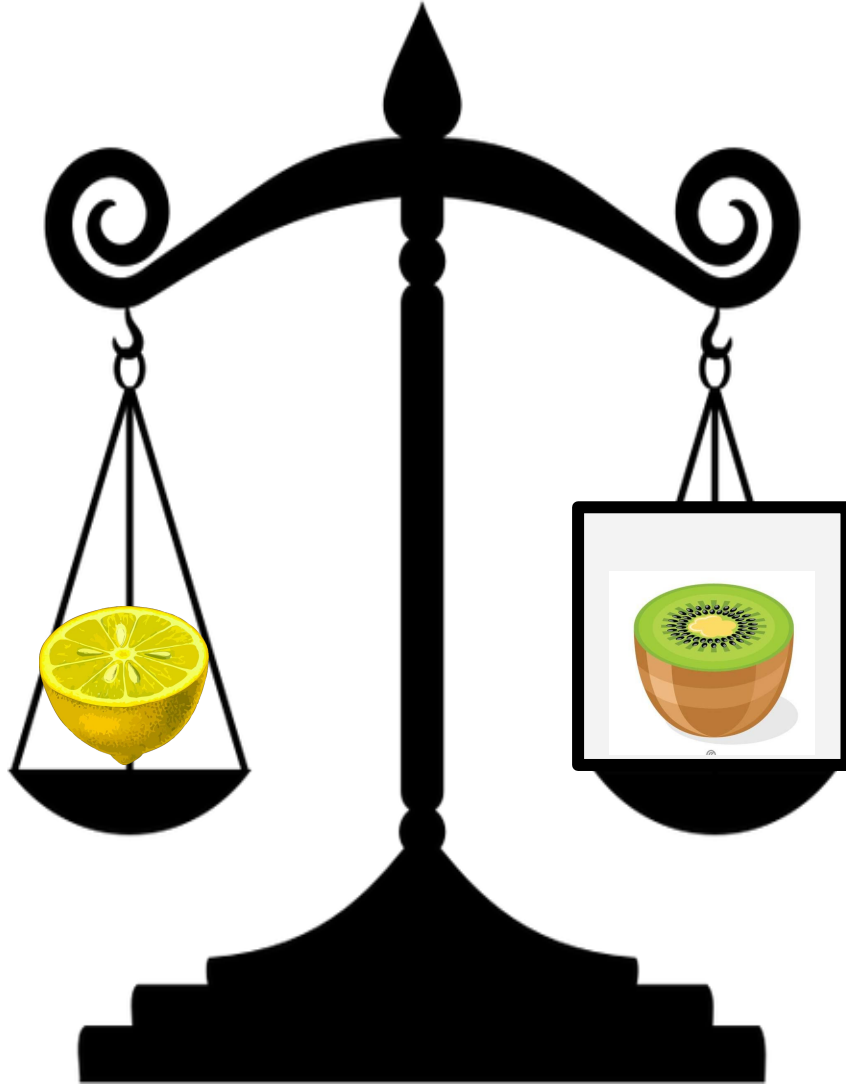
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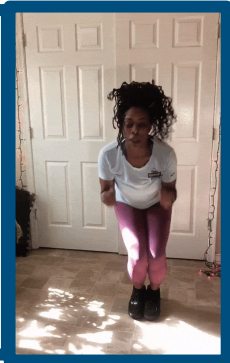
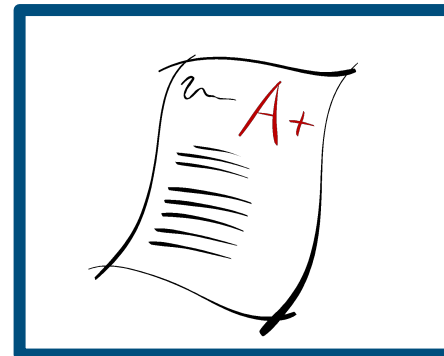
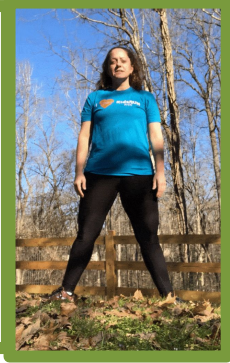
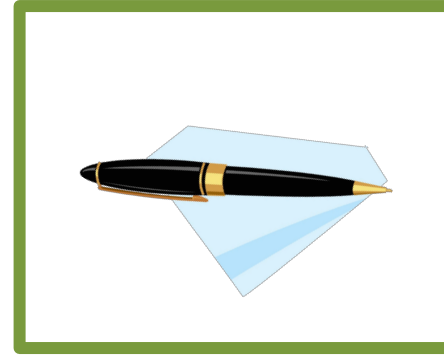
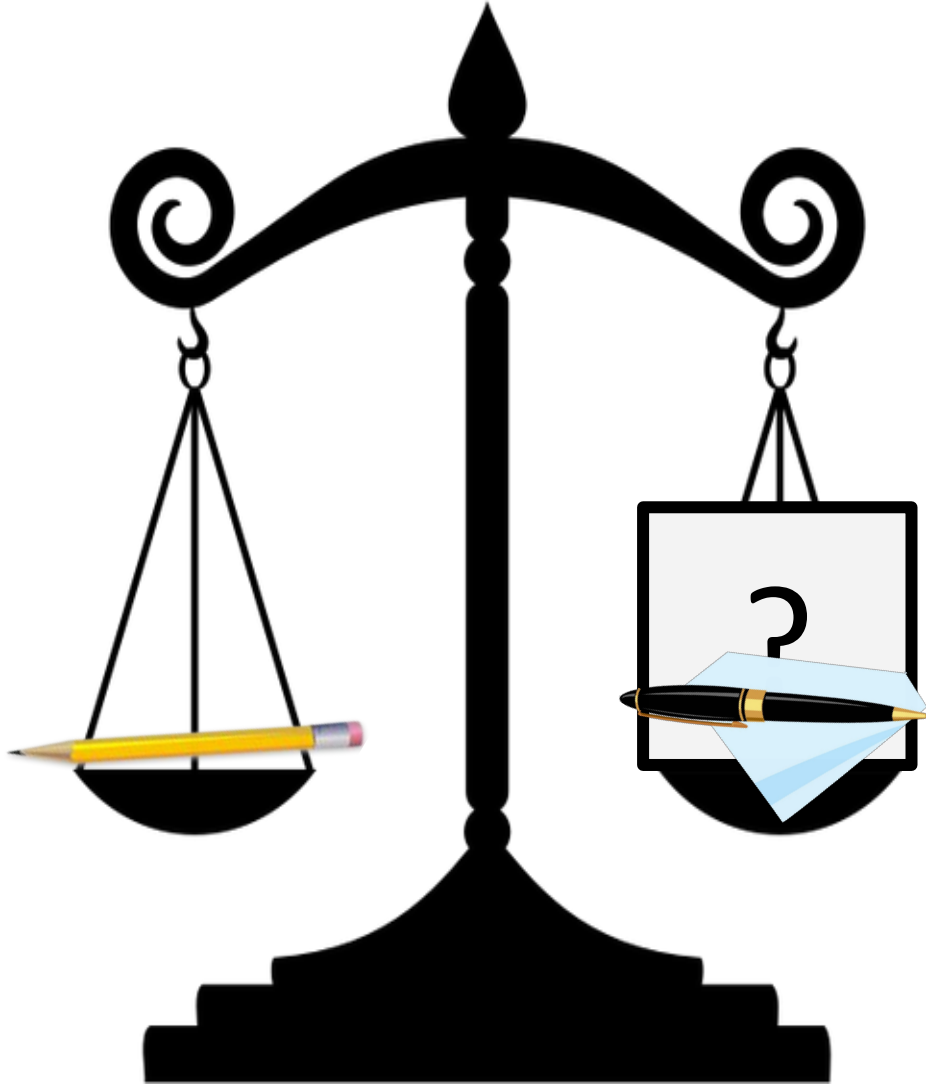
Washing Machine



What would be closest in weight?



What would be closest in weight?



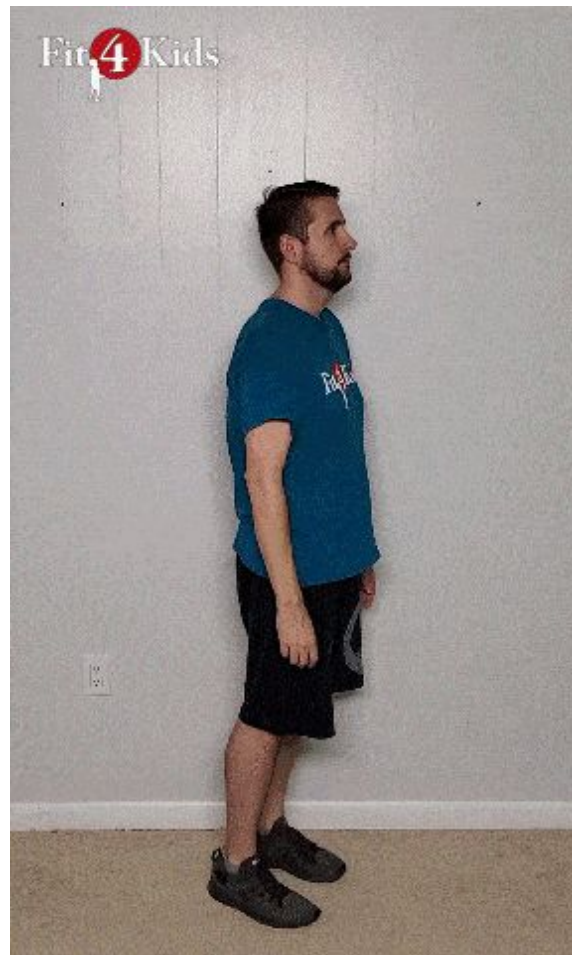
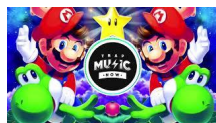
Pick a Move



Side Lunges



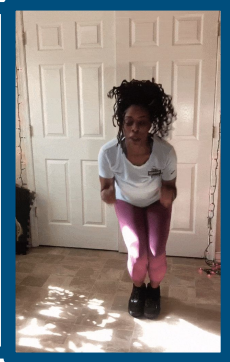
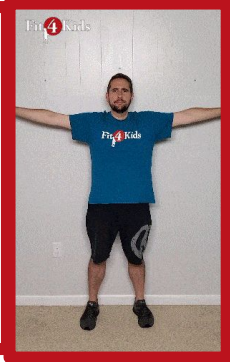
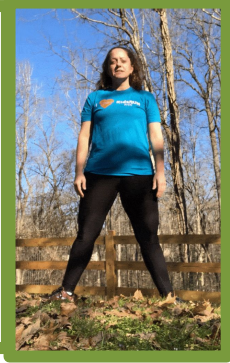
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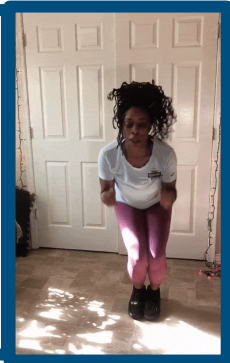
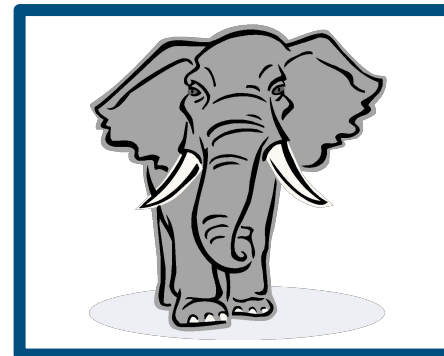
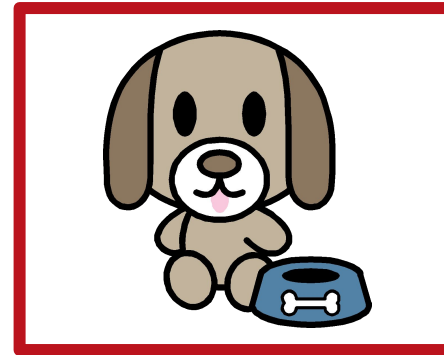
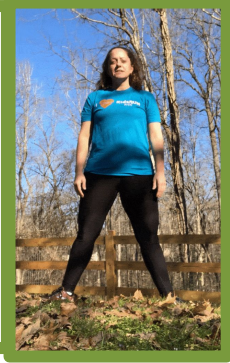
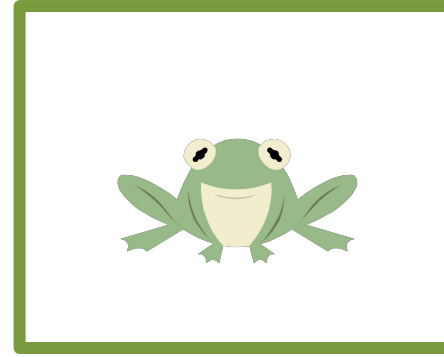
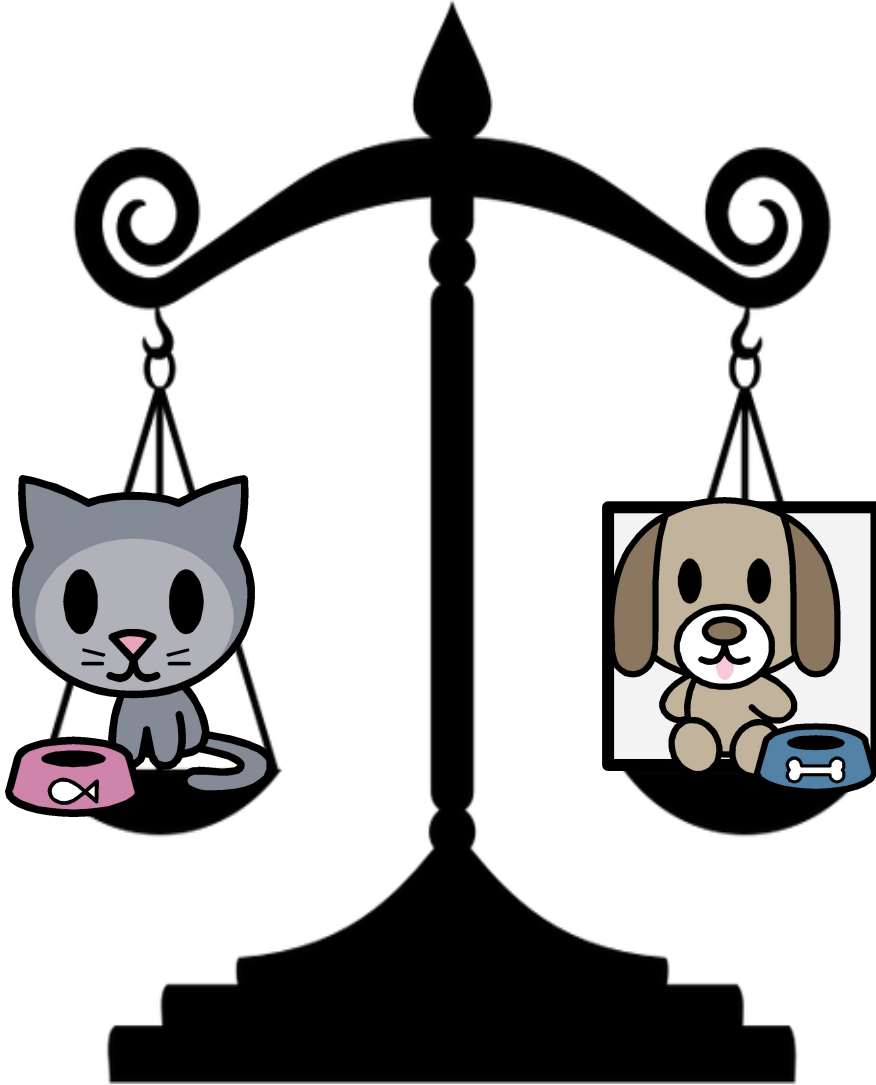
Calf Raises



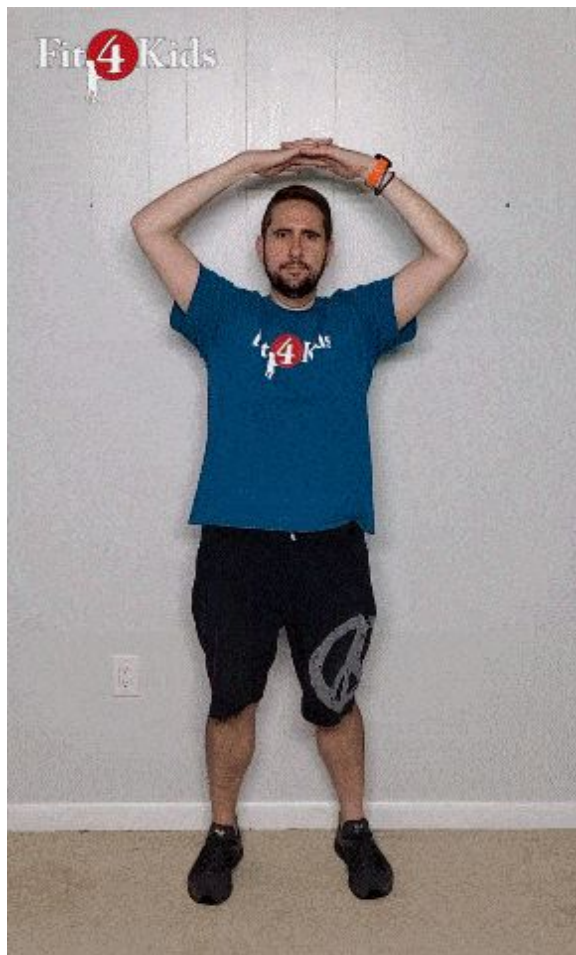
What would be closest in weight?



What would be closest in weight?



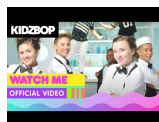
Pick a Move



Side Bends

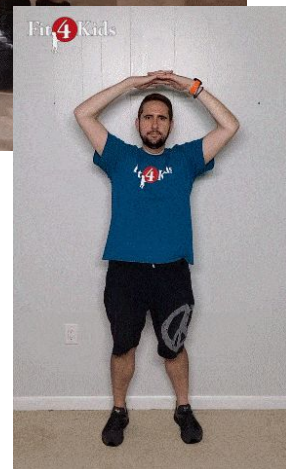
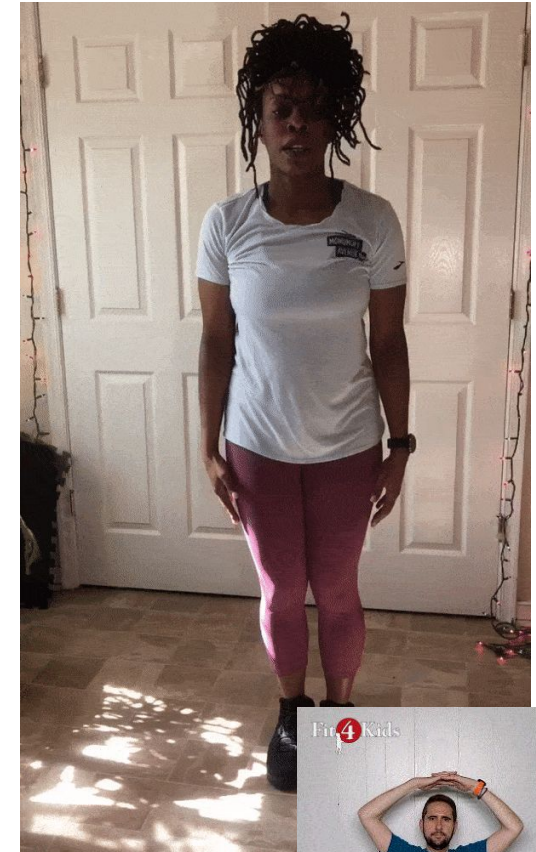
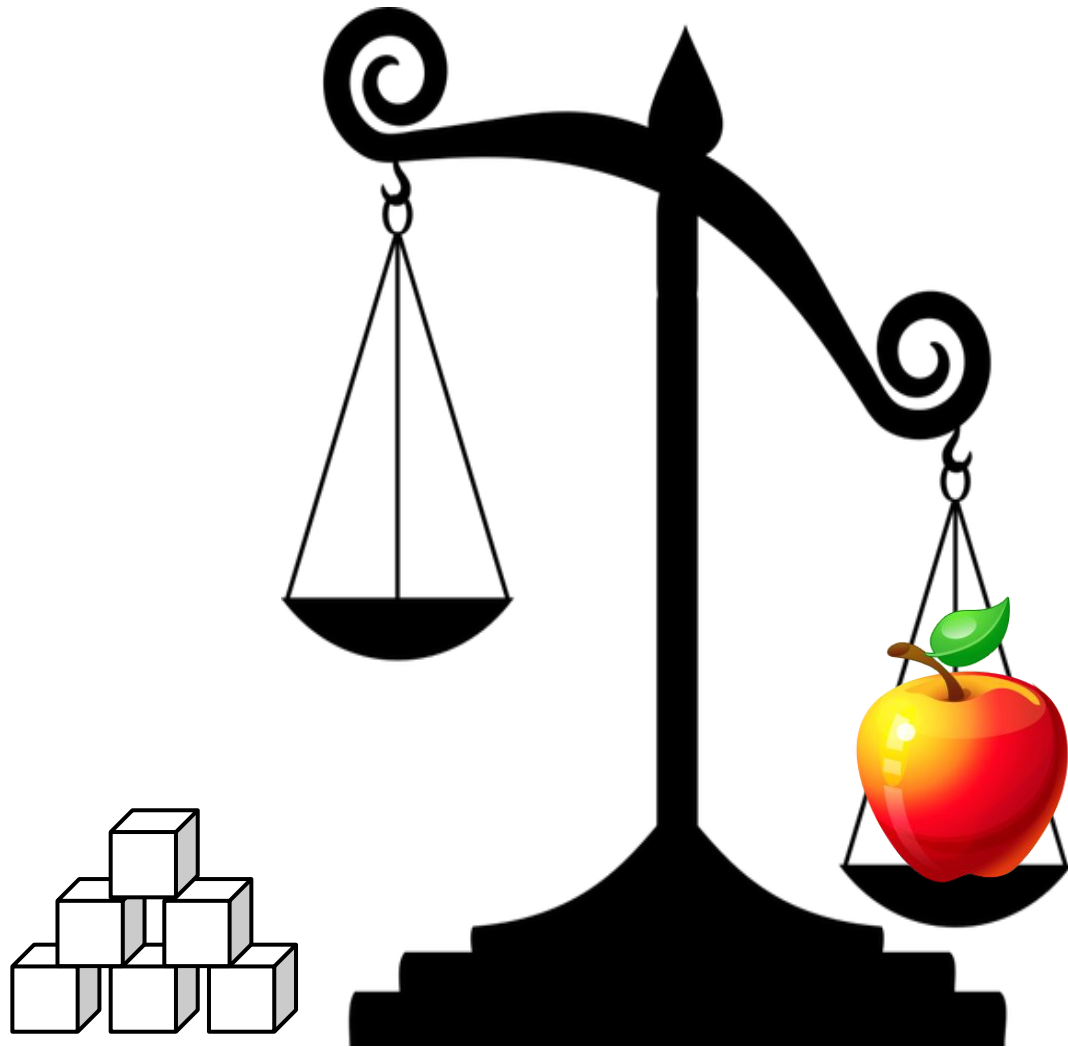


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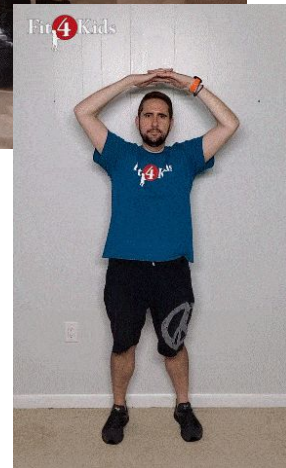
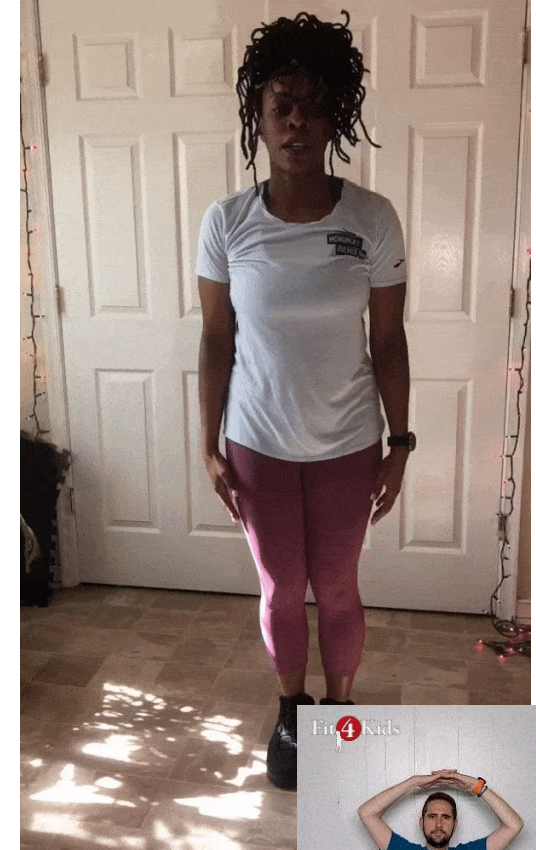
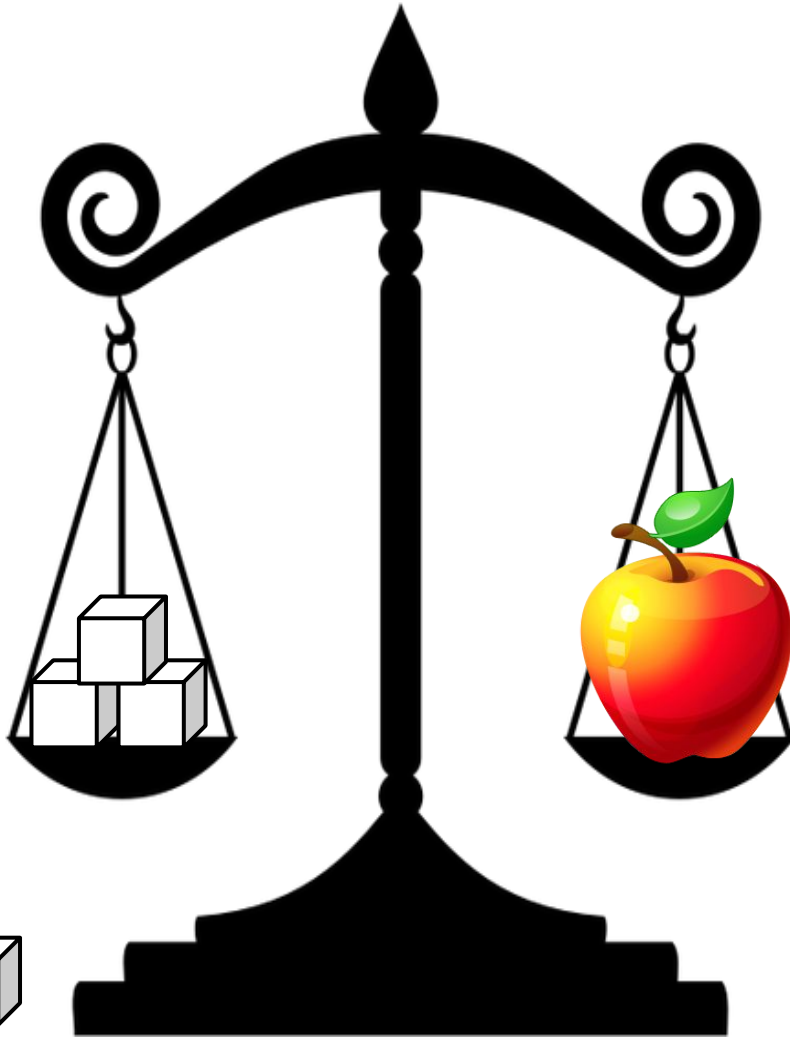


Star Jumps



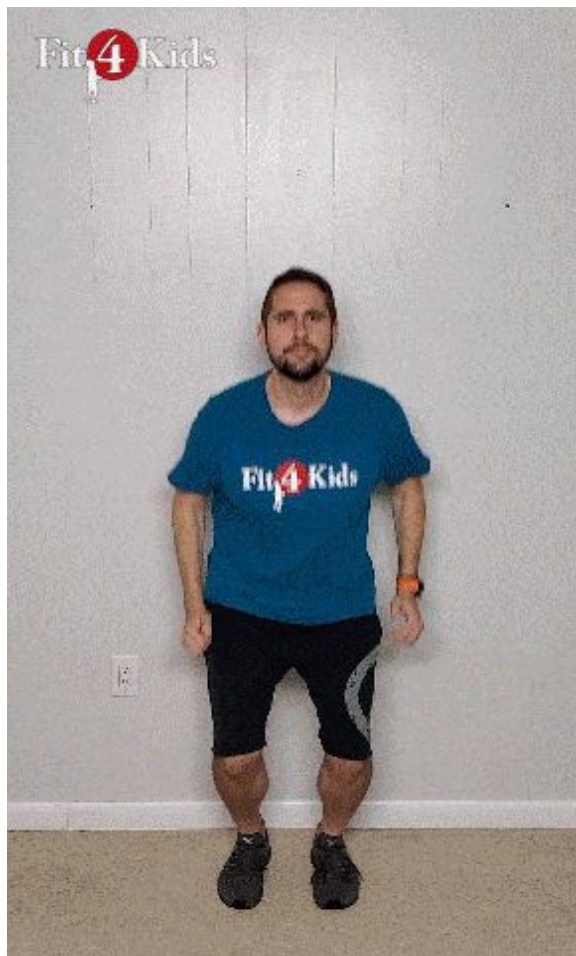


Alternative Move



Alternative Move

Pick a Move



Jumps

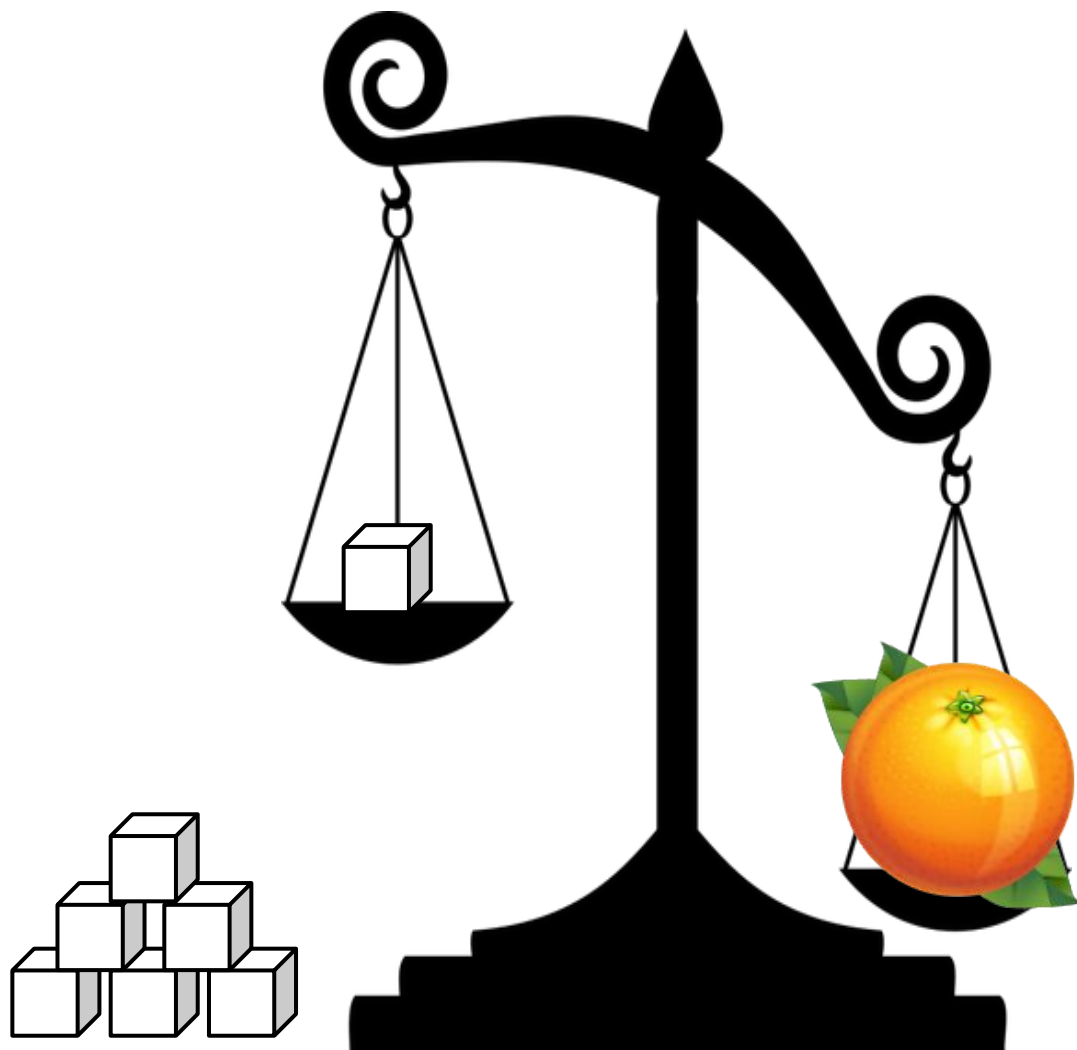


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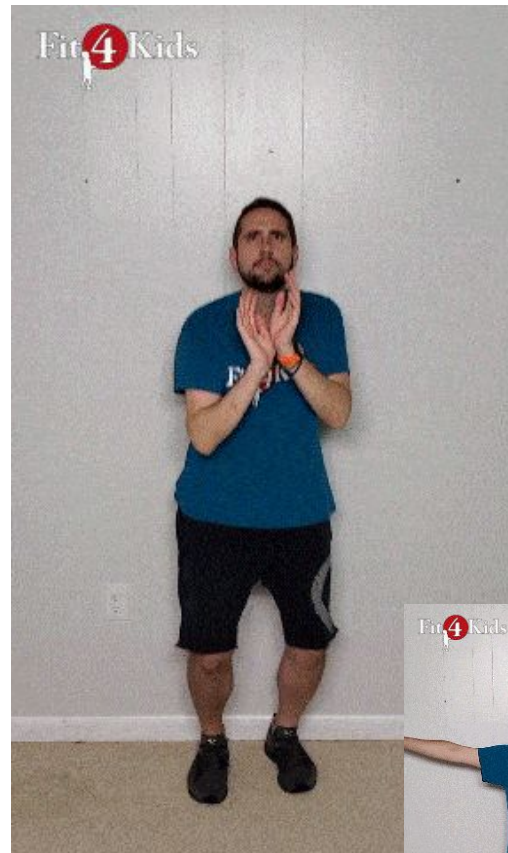


Washing Machines

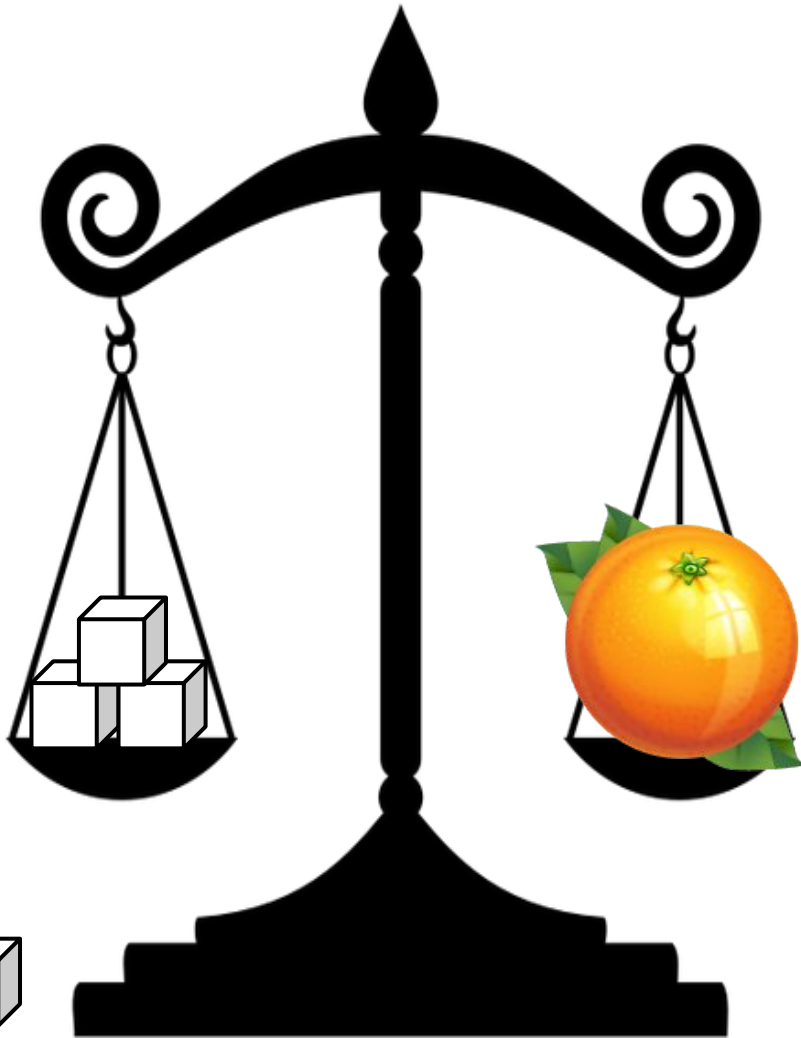




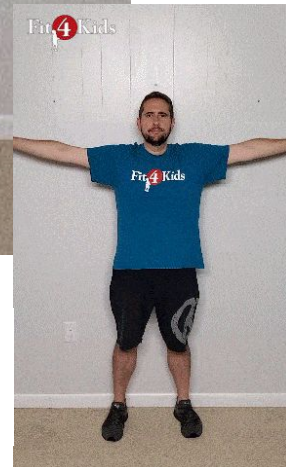
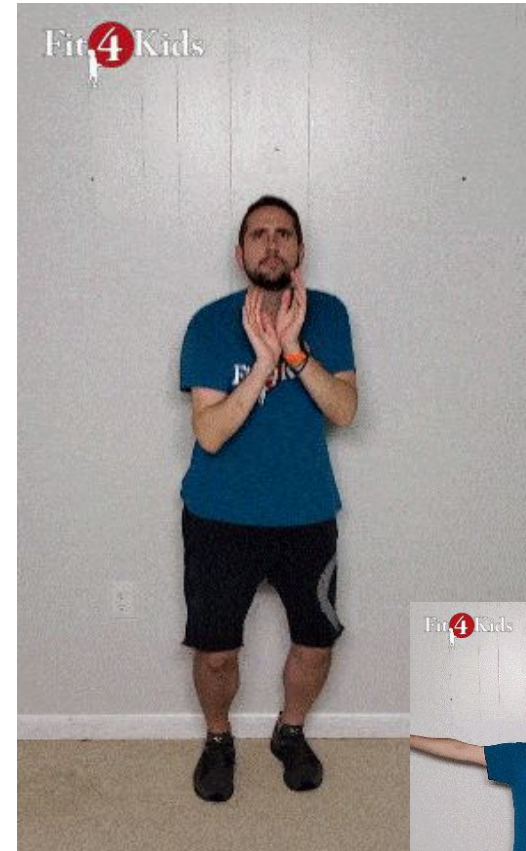
Basketball Shots



Alternative Move

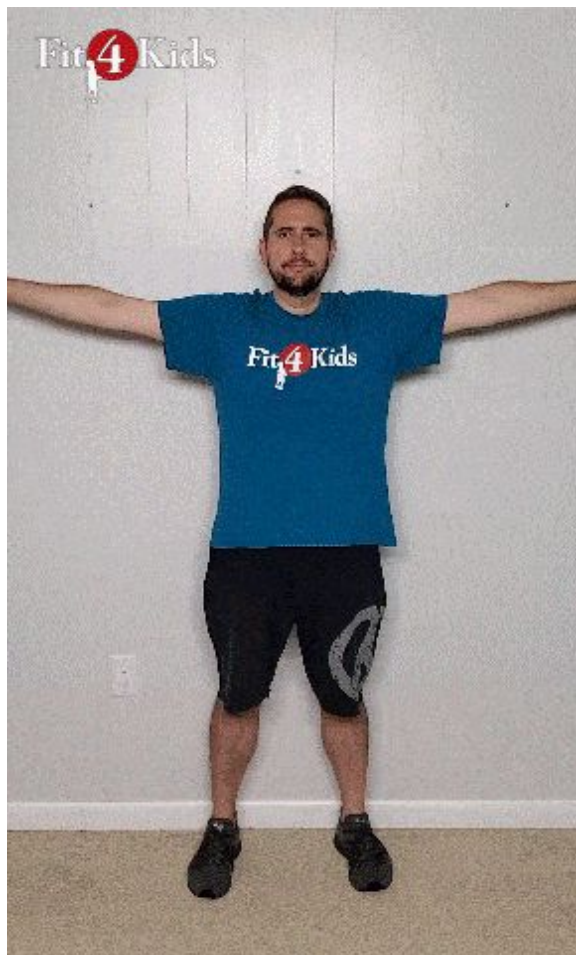


Basketball Shots



Alternative Move

Pick a Move



Arm Circles

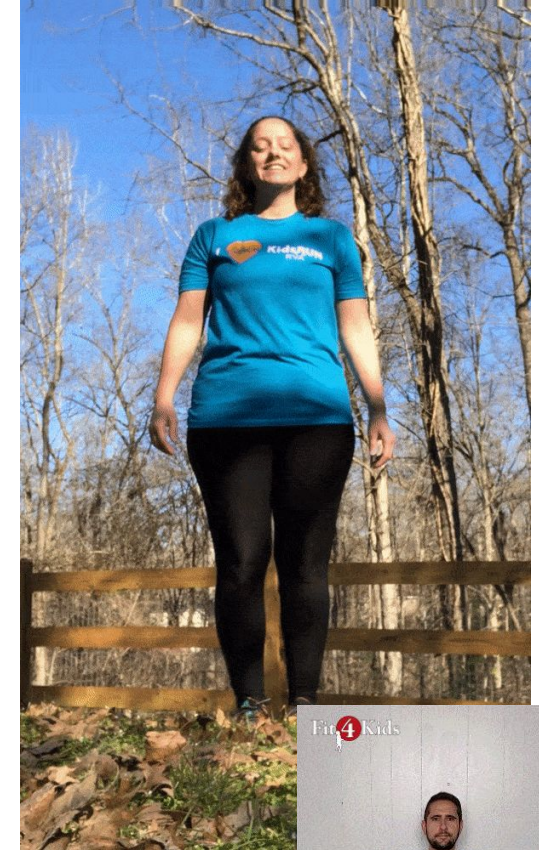
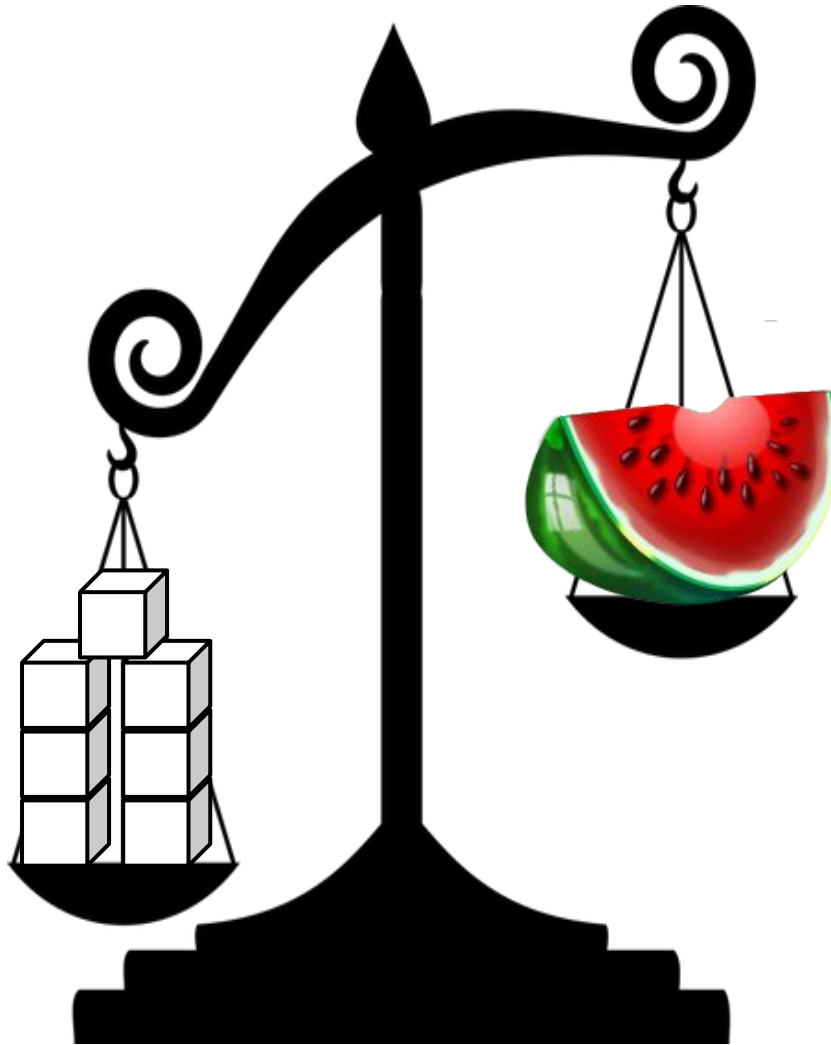


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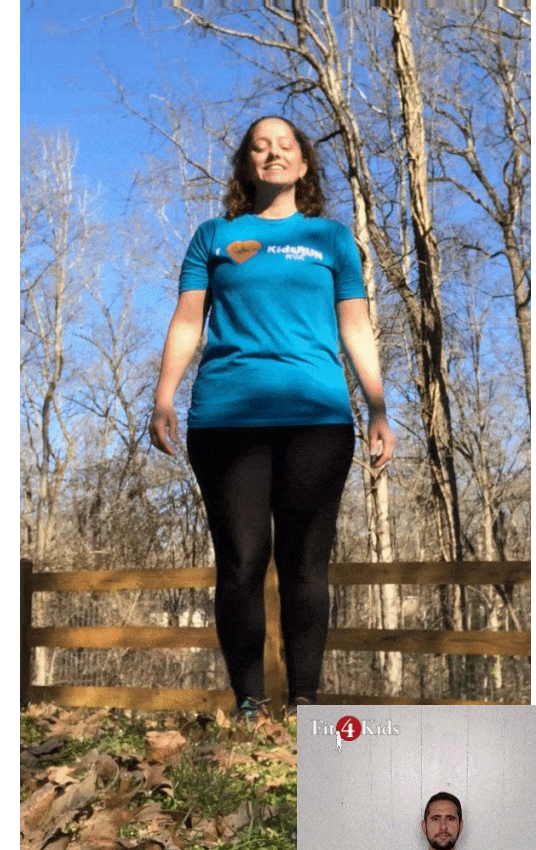
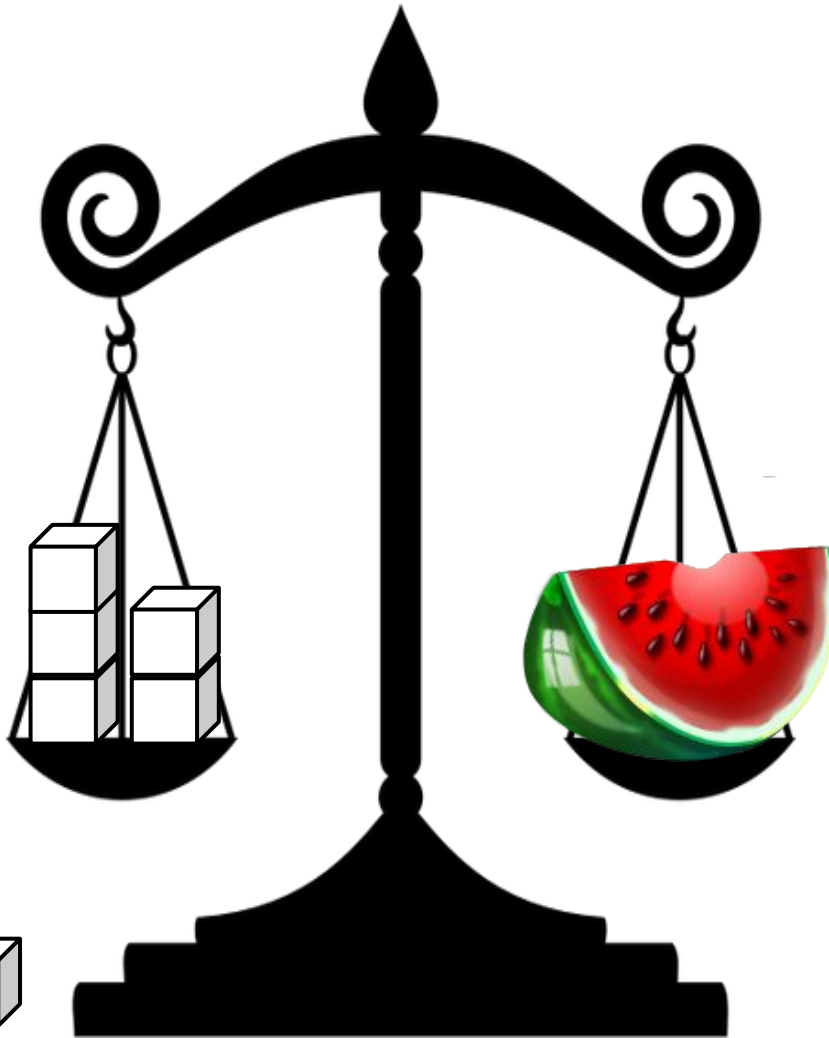


Sumo Squats





Alternative Move



Alternative Move

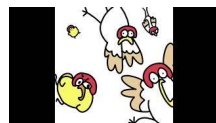
Pick a Move



Squat Jumps



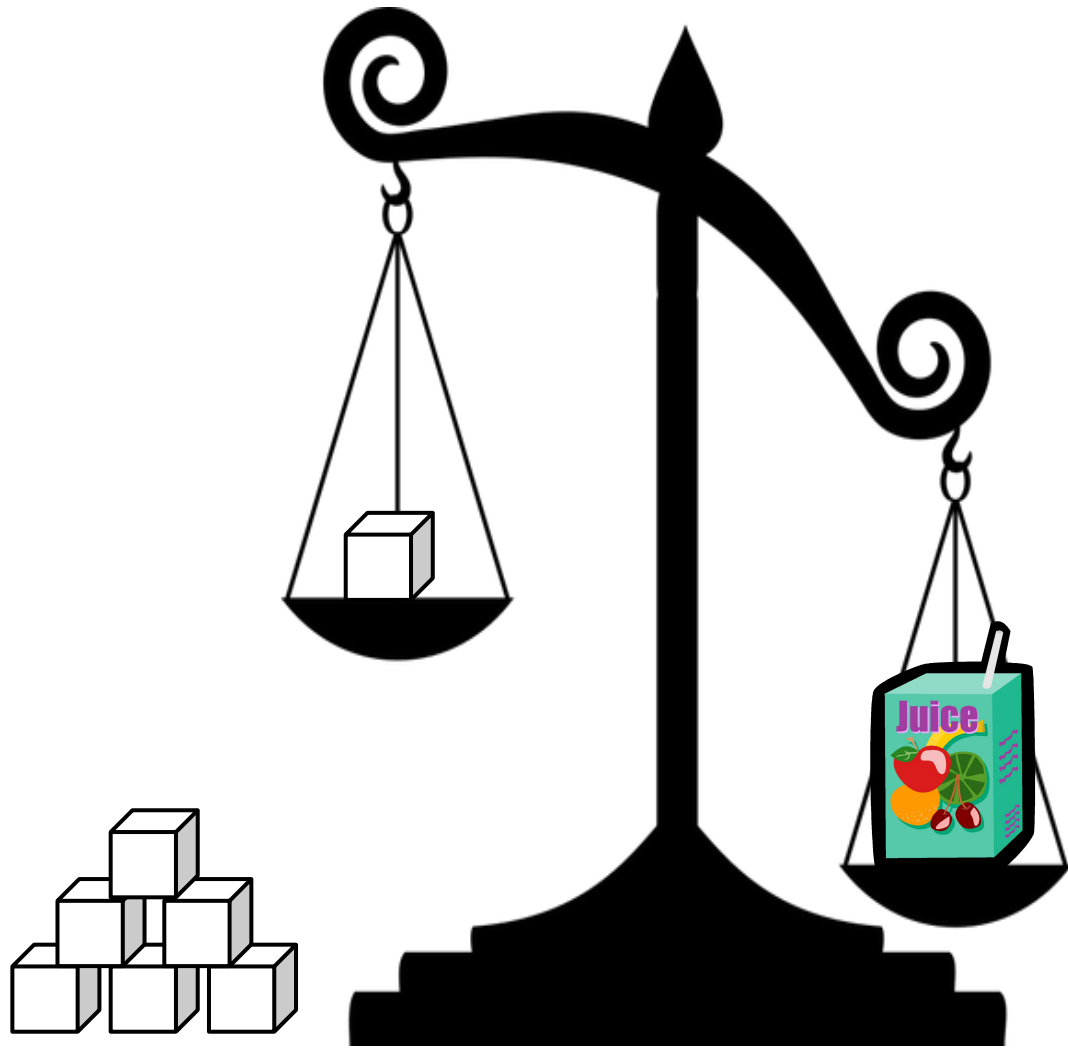
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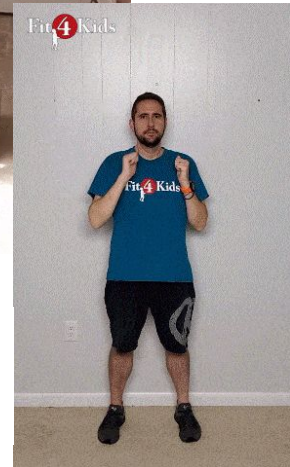
Cross Crawls



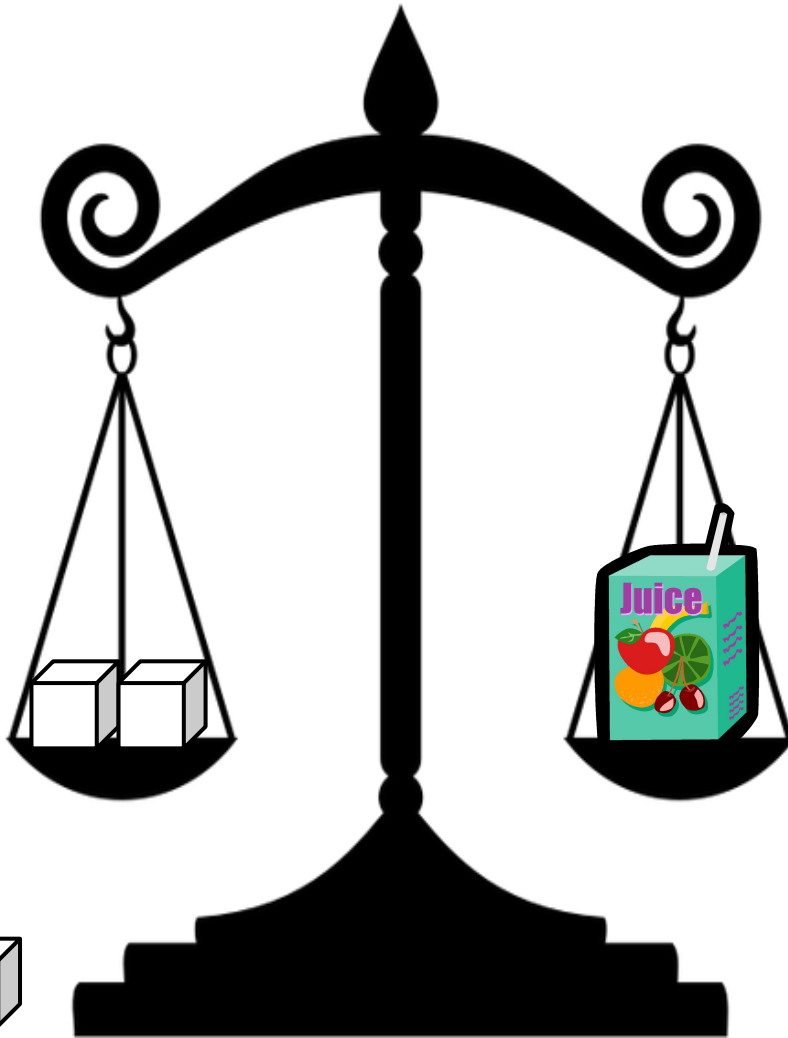
How do we balance it?



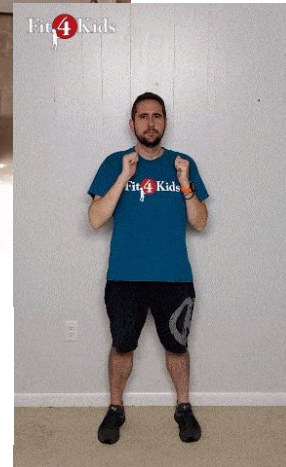
Ski Jumps



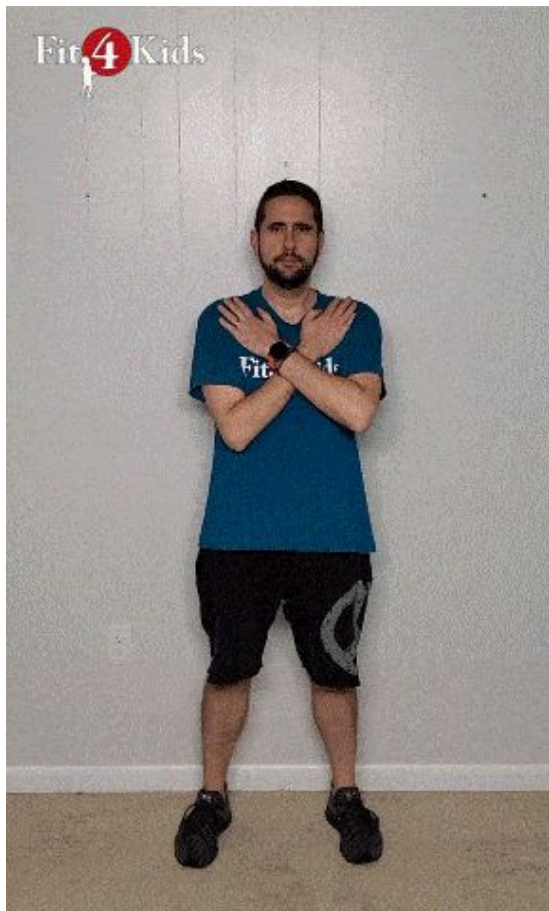
Alternative Move



Ski Jumps



Alternative Move



Mummy



Pretzel

