

# SKILL-RELATED FITNESS

## Challenge Activities

### The Perfect Balance Back Kick

[YouTube Video Demo](#)

The object of this activity is to practice a perfect form Balance Back Kick over 5 days with a focus on improving your form and balance each day.

Watch the [Balance Back Kick Exercise Video on Darebee.com](#). Then perform 10 repetitions balanced on your right leg and 10 repetitions balanced on your left leg.

After you've performed all repetitions for both legs, rate your form and your balance in the chart below.

**How long does it take you to get down and back around the cups?**

Day #	Right Leg Circle your rating of 1–10 1 = not so good 10 = perfect	Left Leg Rate 1-10 1 = not so good 10 = perfect
DAY 1	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
DAY 2	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
DAY 3	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
DAY 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
DAY 5	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

**Reflection Question 1:** Did you see an improvement from 1 day to day 5?

**Reflection Question 2:** What did you notice about your progress and improvement as the week went on and you continued your practice?

