

More Balancing

Experiments:

To take another look at the importance of your centre of gravity

Materials:

You will need:

- Yourself
- A wall or door
- A small object to pick up!

Method:

1. Place a coin or other small object about a metre away from the wall.
2. Stand with your heels against the wall.
3. Keeping your heels firmly against the wall, bend down and try to pick up the coin.
Try not to fall over!

Result:

It's very difficult to keep your balance and not topple over.

Conclusion:

As you bend down you are shifting your centre of gravity away from the wall. When you are standing upright, your centre of gravity is keeping you well balanced. Once you move this, it's impossible to pick up the coin without having to move your feet - or toppling over.

Try this one!

Stand with your side pressed firmly against the wall - keep the side of your foot, leg, and head touching the wall.

Now, raise your leg - the leg not touching the wall and try to keep your balance.

Difficult, isn't it!!