

CH2	b) Stand still with one foot on the floor for 10 secs without losing balance	b) Stand on one foot and do 5 mini-squats so the knee angle is no more than 135 degrees	b)Stand on one foot and do 5 mini-squats so the knee angle is no more than 90 degrees	b)Stand on one foot and do 5 squats (90degrees) ankle extensions	b)Stand still on one foot, on an uneven surface, for 10secs with eyes closed without losing balance	b)Stand on one foot and complete 10 ankle extensions on an uneven surface	b)Stand on one foot and complete 10 ankle extensions with eyes closed and on an uneven surface	b)Stand on one foot with eyes closed, places cones at 3, 6, 9 and 12 o'clock and then pick them up with the same hand	b)On an uneven surface, stand on one foot with eyes close, place cones at 3, 6, 9 and 12 o'clock and pick them up with the same hand
CH3	c) Stand still with one foot on the floor for 20 secs without losing balance	c) Stand on one foot and do 10 mini-squats, so the knee angle is no more than 135 degrees	c)On uneven surface, stand still on one foot for 10secs without losing balance	c)Stand on one foot and do 5 squats (90degrees) with eyes closed without losing balance	c)On an uneven surface, stand on one foot and do 5 squats without losing balance	c)On an uneven surface, stand on one foot and complete 10 ankle extensions	c)On an uneven surface, stand still on one foot with eyes closed for 30secs while receiving a small force	c)Stand on one foot and complete 5 squats into ankle extensions with eyes closed and on an uneven, whilst receiving a small force	c)Stand on one foot with eyes closed and on an uneven surface, place cones at 3, 6, 9 and 12 o'clock and pick them up with the same hand while receiving a small force