THE FOUR STATIONS

Station 1: Tennis Ball – Dynamic and Static Stability

This station should be set up in an area of the classroom where there will be a six-foot (2-metre) length of unobstructed floor space. Place a piece of tape on the floor to mark the starting position. Place a tennis ball on the piece of tape.

1. Have the cadet pick up the ball to shoulder height (thus displacing it from its original position) and then drop it back on to the floor.

2. Have the cadet observe the tennis ball as it bounces.

3. The initial bounce is the static stability, while the remaining bounces reflect dynamic stability.

Station 2: Marble With Bowl – Positive Stability

In the centre of the table place the bowl, right-side up. Place a marble in the centre of the bowl.

1. Have the cadet push the marble with their finger to just below the lip of the bowl.

2. Allow the marble to fall back to the bottom of the bowl.

3. Observe the results.

4. The end result is that the marble will return to its original place; positive stability.

Station 3: Marble on Flat Level Surface – Neutral Stability

Place a marble on one end of a table.

1. Have the cadet gently push the marble towards the other end of the surface.

2. Observe the marble as it rolls and then stops.

3. The marble is now in a new position, neither moving further away nor moving back to its starting place.

Station 4: Marble With Bowl – Negative Stability

This station should be set up on a table. In the centre of the table, place a bowl, upside down. Place a marble on top of the bowl.

1. Have the cadet gently push the marble towards the edge of the bowl's base.

2. Watch as the marble continues to move away from its starting place. This is negative stability.

3. Have the cadets chase after the marble and replace it. Replacing the marble is not part of the demonstration of negative stability.

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