**Station # 4**

Location of Station/GIS Coordinates

**Dover Elementary Gym/lat., long. 40.0051253877476,-76.8437911212551**

Title of Activity

**“Keep Your Balance on a Tight Sheet”**

Goal of Activity

**Turn the sheet of canvas or foam over without anyone stepping off of the sheet (Timed Activity.)**

Materials Needed

**­2’ x 2’ sheet of canvas or foam**

**Eagle Participation Tokens (Red Letter D)**

**Stopwatch**

Focus Strength of Activity

**Cooperation, Communication Skills, Assertiveness, Listening Skills**

Directions

1. **Place on sheet down on the ground and have all team members stand together on the sheet.**
2. **Work on turning the sheet over without stepping off of the sheet.**
3. **Record your time on your Token (Red Letter D)**