Today we will start with two activities:

1) Kneeling Nose Touch

BE CAREFUL. Have your hands ready to support yourself, should you lose your balance.

2) Chair Lift

Bend only at the hips. Chair is to go straight up, not towards you.
When we look at the results from the 2 activities, what trends do we notice? If we were to do these activities as a group of adults, do you think the results would change? In what way?

Where do men/women carry most of their weight?

We can define an object by its "centre of gravity."

Centre of Gravity

*The spot where you would apply gravity on an object. The middle of the mass.*

If you cut an object in half through the centre of gravity the mass is equally distributed on both sides.

Centre of Gravity

Where would the centre of gravity be for these objects?

What two assumptions do we need to make?

- That the object is uniform in thickness.
- That the object is made of all one material.
Below are three free-standing structures, are they stable?

Thrust Line  The vertical line that runs downward from an object’s centre of gravity, through which force is transferred. If the thrust line is between the edges of the base, then the structure is stable (assuming no other forces are acting). If the thrust line reaches the ground outside of the base, then the structure is not stable.