# Guided Discovery-Style F

## Learning Foucs

The learning focus of the Guided Discovery style is the logical and sequential design of a series of questions that lead a person to discover a predetermined concept, principle, relationship or rule that was not previously known.

**Q1:** Define balance.
**Q2:** Place yourself in maximum balance.
**Q3:** I'm going to check to see if this is your most balanced position by giving you a little push.
**Q4:** Now, arrange yourself in a position that is a little less balanced.
**Q5:** Move to another position that is even less balanced.
**Q6:** What's your least balanced position?

**TARGET CONCEPT:**

A wide based, low position is more balanced and stable than a narrow-based, high position.

State the difference between your most balanced and your least balanced position