



## Have a go at slack lining



T-Rex Tails Were Designed to Help Them Balance. Have a go at Slack Lining to Improve Your Balance

**Activity Type** 



Category Activities Sub Category
Activities

Time



Age 5-7 7-11 14-18 Environment



Equipment Rope

Subject P.E. Wellbeing **Price** 



Soft Skills
Flexibility
Gross Motor Skills