

Seesaw Lever

for STEM in the Gym™

User Guide



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EDUCATION

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Using the Seesaw Lever

Place the fulcrum on a level and nonslip floor or on level ground. Center the lever board on top of it (Figure 1).



Figure 1

One Person Balance

1. The student steps one foot on the end of the lever that touches the ground. Carefully, he or she steps on the raised end of the lever with the other foot (Figure 2).



Figure 2

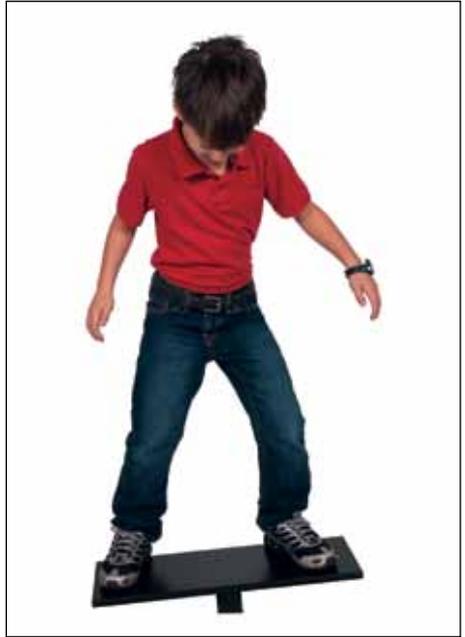


Figure 3

2. The student tries to balance on the lever board so that neither end of the lever touches the ground (Figure 3).

Alternative: If students cannot physically step up on the lever board, they can kneel beside the lever board and lean on it, using their hands, arms, and shoulders to experience the balancing force.

Two-Person Balance

1. Student 1 steps carefully on the end of the lever touching the ground. He or she should face the center of the lever (Figure 4).



Figure 4



Figure 5

2. Student 1 holds Student 2's arms as Student 2 steps on the other end of the lever (Figure 5). Student 2 should face Student 1.
3. The two should try to balance the lever. If they cannot, they should step off and experiment by moving the fulcrum (Figure 6) until they are able to balance on the lever.

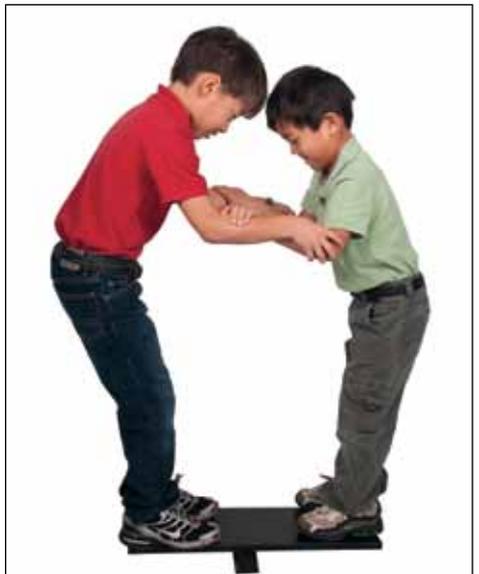


Figure 6

Safety

- Use this device only in the manner discussed and illustrated in this guide.
- **Do not jump** on the SeeSaw Lever. Step carefully onto it.
- When working with a partner on the seesaw, be sure to lock arms with your partner to provide support.

Curriculum

For curriculum to lead a more in-depth activity with the Seesaw Lever, consider the *STEM in the Gym – Simple Machines* book available at shop.pitsco.com/STEMnGym.



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