

Balance Time

Home Physical Education

Can you keep trying to improve your performance?

How to play:

- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite 3 balances. Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?



Can you be creative and try out a variety of different balances using different body parts?

Top Tips

Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

Let's Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of putting your sequence together?

Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 pencil jumps

Roll a 4 = Perform 20 jumps with a ½ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.



Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?

Sequence Champions

Home Physical Education

Can you perform your sequence and ask for feedback?

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a 1 = A star jump

Roll a 2 = A roll

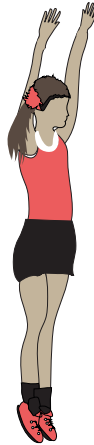
Roll a 3 = A turn

Roll a 4 = A twist

Roll a 5 = A tuck jump

Roll a 6 = A balance

- Think of creative ways to link the movements.
- Practice your sequence and then perform!



Can you keep practising to improve your sequence?

Top Tips

Link your movements

When you finish your first movement try and move into the next movement smoothly without pausing.

Let's Reflect

What did you find difficult about linking your movements together?

Did you manage to complete the sequence without stopping?

Ship Shape

Home Physical Education

Can you keep trying to improve your performance?

How to play:

- Can you create the following balanced shapes?
- A **'wide'** shape. Are you high or low, what body parts are you using?
- A **'curled'** shape. Are you high or low, what body parts are you using?
- A **'narrow'** shape. Are you high or low, what body parts are you using?
- Can you teach someone else all of your different balanced shapes?
- Can you create a sequence of all 3 balanced shapes together?



Can you teach someone your balances and work together to create a sequence?

Top Tips

Be Still!

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

Let's Reflect

Can you hold your balances still?

If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of balancing?