

# Balance Challenge

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## Equipment required

- No equipment needed necessarily
- Hula hoops/Circular objects
- Bean bags
- Stopwatch/Phone

## How to play

- 1) Find a suitable area to stand up fully without many objects around you
- 2) Complete a flamingo stance and ask someone to begin the timer
- 3) See how long you can stand on one leg for **COMPETE FOR THE LONGEST TIME!!**
- 4) Whilst in the Flamingo stance attempt to throw bean bags into circular objects i.e. hula hoops, at varying distances and create a point system  
For example: red hoops (2 metres away) = 10 points

## Did you show the School Games values?

**Self-Belief** – The participants must believe that they can continuously improve their time even if they keep falling over

**Passion** – The participants must express a passion for balancing and express a need to be the best out of the group

## How can the activity be changed (STTEP)?

### To make the balance challenge easier:

- Attempt balancing objects on the player rather than making them stand on one leg i.e. higher no. of objects = more points

### To make the balance challenge harder:

- Include an activity to complete whilst completing the balancing challenge i.e. throwing bean bags

