

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?