

## 16. Bear Saw Balance

### Description

Arrange pupils in pairs and invite them to assume a bear position (hands under shoulders, knees under hips 10cm off the ground and balls of the feet on the ground) facing each other with their heads 2 metres apart.

Invite each pair to hold the pool noodle or broom stick on the same side of their bodies with one hand. Using a push/pull action each pupil must try to knock the other pupil out of the bear position while maintaining their own balance. Remind the pupils of the external cue of a table and the top of the table is their back. They maintain the table position by tightening their stomach muscles. Switch partners intermittently.

### Equipment

- Broom sticks or Pool noodles

### Variations

- Make the activity cooperative where the pupils create a see-saw motion with the broom stick while maintaining their bear position.
- Invite pupils to elevate their opposite foot 10cm off the ground so that they are balancing on two body parts only.

