

8. Group Balance

Description

Arrange pupils on their own spot marker in a large circle. Invite all pupils to perform the T-balance on their strong leg. Whilst balancing as a group, one at a time the pupils will each say their own name. Continue this process until everyone has had an opportunity to say their name and perform the collective balance. Repeat the activity, with pupils balancing on their other leg and calling out their surnames.



Equipment

- Spot Markers

Variations

- Create smaller circles if some pupils are struggling with this activity.
- Introduce different types of balances and integration across other curricular areas: towns & cities, farm