

## 15. Animal Balance

### Description

Arrange one spot marker per pupil in the playing area. Invite each pupil to sit on a spot marker.

Invite pupils to copy the animal balance for 5 seconds based on the following commands:

- **Flamingo:** balance on one foot. Hold your arms out to help you balance. Invite pupils to hop onto the spot marker and once they have landed, perform the balance on one foot.
- **Crocodile:** balance on one foot and two hands. Stretch the free leg long and straight. Invite pupils to imagine the free foot is a crocodile's head looking out of the water.
- **Turtle:** balance on your shell as you balance only on your back. Make this harder by asking the pupils to make interesting shapes with their legs in the air.
- **Otter:** balance on one knee with your trail leg as your long tail behind you. Make this easier by asking the pupils to balance on one knee with the other foot on the floor.

### Equipment

- Spot Markers

### Variations

- Use a large ball so the pupils can clearly see the object as it travels in the air.
- Vary the height at which the ball is thrown, so that the pupils must react quicker or slower.

