

16. Body Balance

Description

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

Guide them through the sequence of body balances using the following commands:

- Sit on the ground with legs outstretched.
- Raise hips to balance on hands and feet.
- Raise each leg, in turn, off the ground.
- Return hips to the ground and gently roll over so that the tummy is facing downwards.
- Raise hips again to balance on hands and feet.
- If you feel comfortable, try to raise each leg, in turn, off the ground.
- Lower your body back down to the ground, and roll back over.
- Return to a seated position.

Pupils repeat the sequence from start to finish at their own pace.

Equipment

- Spot Markers

Variations

- Take a break between each balance.
- Invite pupils to spell out their name or count to 10 while they hold the balance.

