

Description of Activity

Place a spot marker or cone on the ground of the playing area for each pupil. Play the music and invite pupils to move around the space using a variety of different methods. When the music stops, pupils must find a spot and perform a balance of their choice.

Movements may include: walking, running, backwards walking, sideways walking, skipping



Variations

- Provide instructions for the balance. e.g. ‘balance on three body parts’, ‘balance on your right leg and your left hand’, ‘balance on one large body part’ etc.
- Invite pupils to move through the activity area like an animal of their choice, e.g. frog, bunny, kangaroo, or grasshopper.
- Balance with a partner or create a group balance.

Equipment

An open playing area, spot markers, music



- Ensure the playing area is free of obstruction.
- At various stages during the activity focus on balancing alone. Discuss today’s teaching points (usually two) with pupils. Use a pupil to demonstrate good technique, practice in pairs, then put back into the game scenario.
- Remind pupils to keep their eyes open while moving through the activity.



- Practise making individual, partner and group balances.



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