



## Description of Activity

Invite pupils to find a space in the playing area where they are not in contact with anyone else. Pupils lie down on the ground with their arms by their side and feet together. Invite pupils to explore balancing on their bottom using the following instructions:

- Curl up into a ball, bringing your knees in close to your chest and wrapping your arms around the legs.
- Roll gently from side to side.
- Roll forward and backwards, keeping the arms wrapped around the legs, until you come all the way up to a seated position.
- Lift your legs up off the ground, keeping your knees in close to your chest. Can you balance like this?
- Stretch your arms out to the side and straighten your legs out in front of you, without letting your feet touch the floor. Can you balance like this?
- Bring your knees back into your chest again and roll back gently onto the floor.



## Variations

- If space is limited or pupils have difficulty rolling up to the seated position, invite them to work in pairs. Pupils take turns helping each other to roll up.
- Invite pupils to create and perform a variety of balances on the bottom.
- Invite pupils to create and perform partner balances on the bottom.

## Equipment

An open playing area



- As this balance is performed on the bottom and not on a single leg, the following teaching points apply: keep your head stable with your eyes focused forward on a target; keep your trunk stable; keep your arms as still as possible with no excessive movement either at the side or extended to aid the balance.



- Investigate the different ways you can balance on the bottom. Practise in the yard with your friends, taking turns to follow instructions.



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