

Take Home Balance B3

1. In your PE journal, list five different things you can do to help you balance (e.g. focus on one spot on the floor, count to ten, take deep steady breaths, keep your eyes open, slightly bend the standing knee etc).
2. In your PE journal, write down five reasons why it was important to work cooperatively for this activity. How did the other pupils in the circle help you when it was your turn?
3. Draw the crab balance in your PE journal. List five physical benefits that these types of positions offer the body. List five reasons why is it important to build up strength?
4. List five reasons why being able to maintain your balance is important.
5. At home, practise holding the high plank for 30 seconds. Draw a picture in your PE journal of this position and label the muscles that fatigue the quickest.
6. Practise Wheelbarrow runs on the grass with a friend or family member.
7. In your PE journal draw a balancing sequence. Practise performing this sequence at home.
8. In your PE journal, draw a picture of five different balances.