

PE - Thursday 21st January

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Audio

Recording

Here are some instructions for how to balance to keep you safe.

How to Balance:

1. Make sure you are looking forward.
2. Look at a fixed point in front of you.
3. Make sure you are holding your body in a strong position.
4. Make sure you are balancing on a flat surface.
5. Try to hold your balance for about 5 seconds.



Audio

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Can you have a go at these activities to practise your balancing?
You could take a photo or a video, or even draw a picture to show us!

Balance that Balloon

Try to balance a balloon on different body parts e.g. your head, hand, foot, shoulder, arm. How many seconds can you keep that balloon balanced for?

If you don't have a balloon, you could use a cushion, a ball or a soft toy.

How Long Can You Last?

Ask someone to time you while you balance on different body parts e.g. one foot, one knee, one hand or one foot. See how long you can balance for before you start to wobble.

Balancing Bridges

Ask someone to help you make different types of bridges; you can do this by leaning against one another or a solid surface. For example, put the palms of your hands together and lean towards one another; stand back-to-back and slowly move your feet out to make a bridge beneath you; or put the palms of your hands against a wall and walk your feet out – can you make a bridge so low that no one can get under?

Can't Push Me Over

Create a balance e.g. stand on one leg or sit on your bottom with your arms and legs off the floor. Ask

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OneNote

Balance with your arms and legs off the floor. Ask someone to try to gently push you over - can you remain balanced? Try again with different types of balances.