

MULTI-SKILL CLUB

BALANCE 2 AM I STABLE?

GETTING SKILFUL - FABB

Encourage the children to:

Feet

- place feet wider apart to give a bigger base of support.

Arms

- place hands wider apart to give a bigger base of support.

Body

- keep their centre in the middle of the base.

Brain

- think about what shape the base needs to be and where is their centre?

THINK INCLUSIVE

- Divide the group into pairs, encourage them to choose a balance and explore three ways of making it.



Encourage the children to:

Space

- make long/tall shapes or short/flat shapes.

Objects

- make these shapes on a bench/beam or balance cushions.

Speed

- move from one position to the next using different speeds, slow or fast for example.

Strength

- hold a position for as long as they can.

GETTING BETTER - SOSS

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- movement activities which require a good balanced position before moving off.

Co-ordination

- balanced positions when moving something.



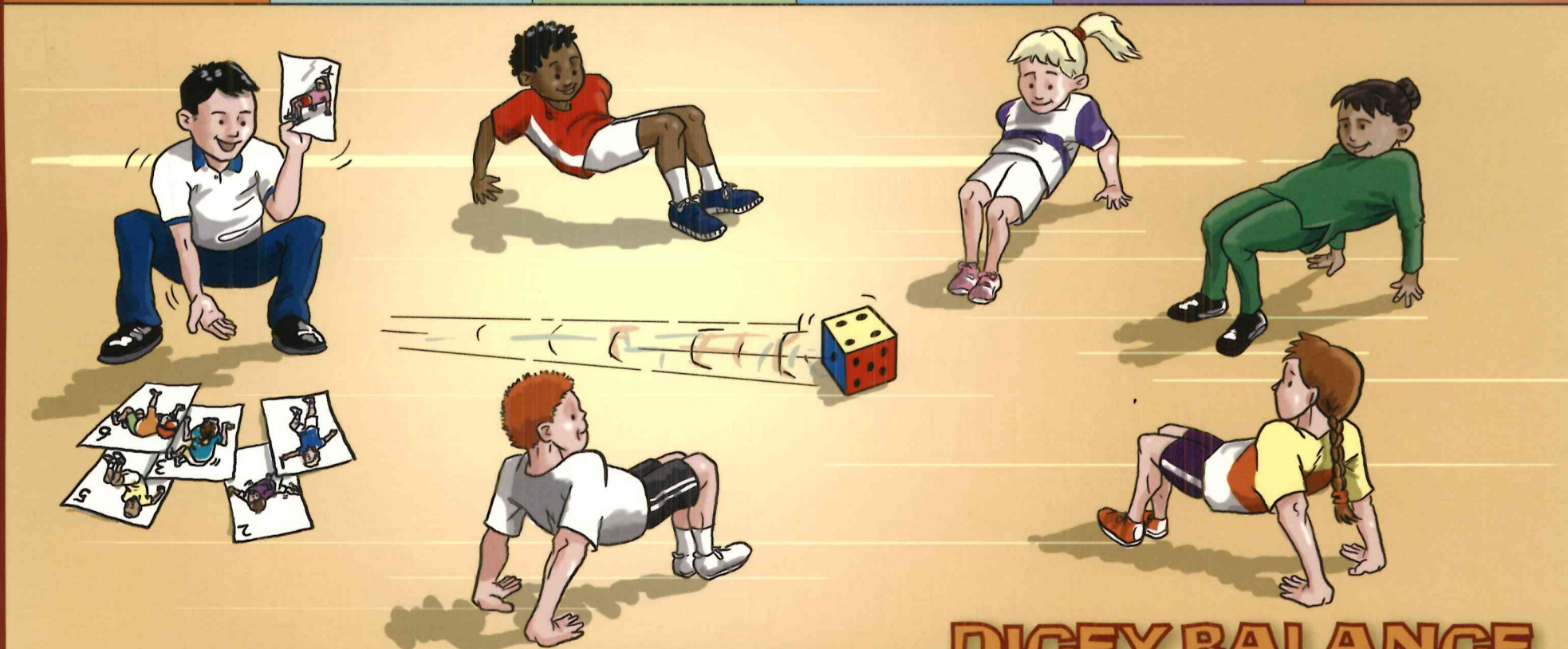
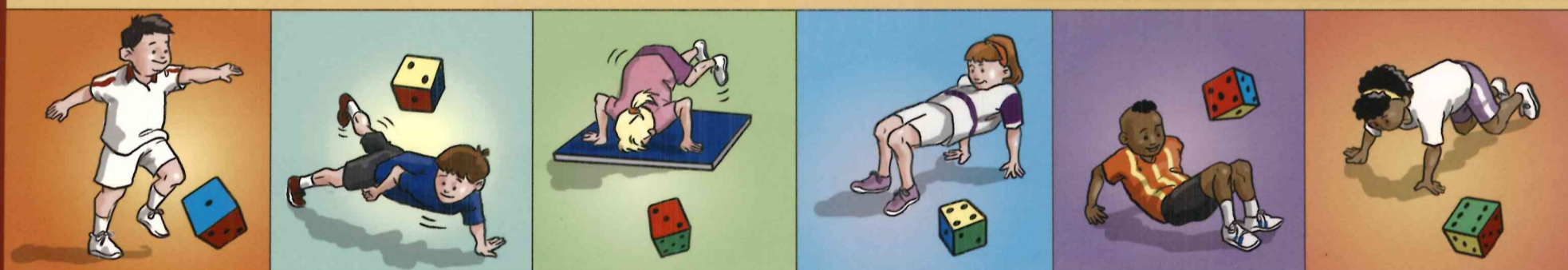
EXTENDING SKILLS

Encourage the children to try:

- working with a partner trying to balance together varying the number of contacts
- making a smooth transition from one balance to another without losing balance
- exploring which directions are good for maintaining balance and which directions cause them to become unstable.

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DICEY BALANCE

- Demonstrate 6 balance positions using the suggestions on the cards or other ideas.
- Using a dice or a spinning hand find a number from 1 to 6.
- Make the shape corresponding to the number.
- The dice or clock could be spun for a second time for how long the balance needs to be held.



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