

MULTI-SKILL CLUB

BALANCE 3 CHANGING BALANCE: MOVING BODY PARTS

GETTING SKILFUL - FABB

Encourage the children to:

Feet

- move their legs to counterbalance the arms.

Arms

- move their arms to counterbalance the legs.

Body

- keep their centre over the base of support
- balance on their front and lift different parts of the body.

Brain

- think about which direction the centre moves when a body part is moved and how other body parts can be moved to help.

THINK INCLUSIVE

- Ask the group to work with different partners to perform a balance with which both people are happy and comfortable. Build the balances into different sequences over the weeks.

Encourage the children to:

Space

- try making a shape as big or as small as they can
- use a wall as a support if they are wobbling.

Objects

- make shapes on a bench, beam, balance cushion or using hoops, bats or rackets.

Speed

- change the speed of moving from one position to the next.

Strength

- hold a position for as long as they can.

GETTING BETTER - SOSS



ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- keeping in balance while turning quickly.

Co-ordination

- using different balance positions while moving something.

EXTENDING SKILLS

Encourage the children to try:

- to form the shapes of each letter of the alphabet. Which letters cause most/least problems for balance? Why is this?
- moving with their eyes closed. Is it easier or more difficult to balance?
- to put a sequence of moves together. Can it be done to music?
- spinning round while holding a shape? 90°, 180°, 360° degrees clockwise and anti-clockwise.



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BODY SEMAPHORE



IT SAYS
FIT!



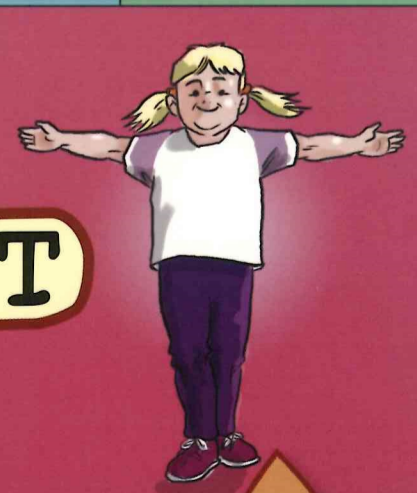
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THE ALPHABET GAME

The Alphabet Game

- Call out a letter of the alphabet and individuals, pairs or groups try to make the letter.

Body Semaphore

- Work with a partner and make shapes of letters to send a message.



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