

MULTI-SKILL CLUB

BALANCE 4 CHANGING BALANCE: PRODUCING FORCES

GETTING SKILFUL - FABB

Encourage the children to:

Feet

- make the base wider in the direction of the force.

Arms

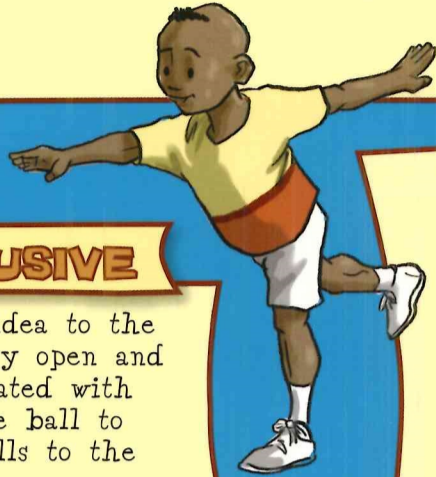
- use their arms to counterbalance the shift of centre.

Body

- keep the body still while the arms, legs or other body parts are moving.

Brain

- think about the shape of the opponents base of support? Which direction makes them strong or weak when making or receiving a force?



THINK INCLUSIVE

- Try introducing the idea to the whole group in a very open and accessible way, e.g. seated with one person rolling the ball to their partner who falls to the side to collect.

GETTING BETTER - SOSS

Encourage the children to:

Space

- try increasing or decreasing the distance between you and your partner.

Objects

- do some activities on a bench, rope or balance cushions
- try using their mobility aid to produce counterbalance.

Speed

- throw, kick or strike more quickly or more slowly.

Strength

- throw, kick or catch objects that are heavier or lighter
- try providing more or less force on the elastic, rope or stick.

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- pushing hard to gain speed after a turn.

Co-ordination

- gaining balance after moving something either with or without an implement.

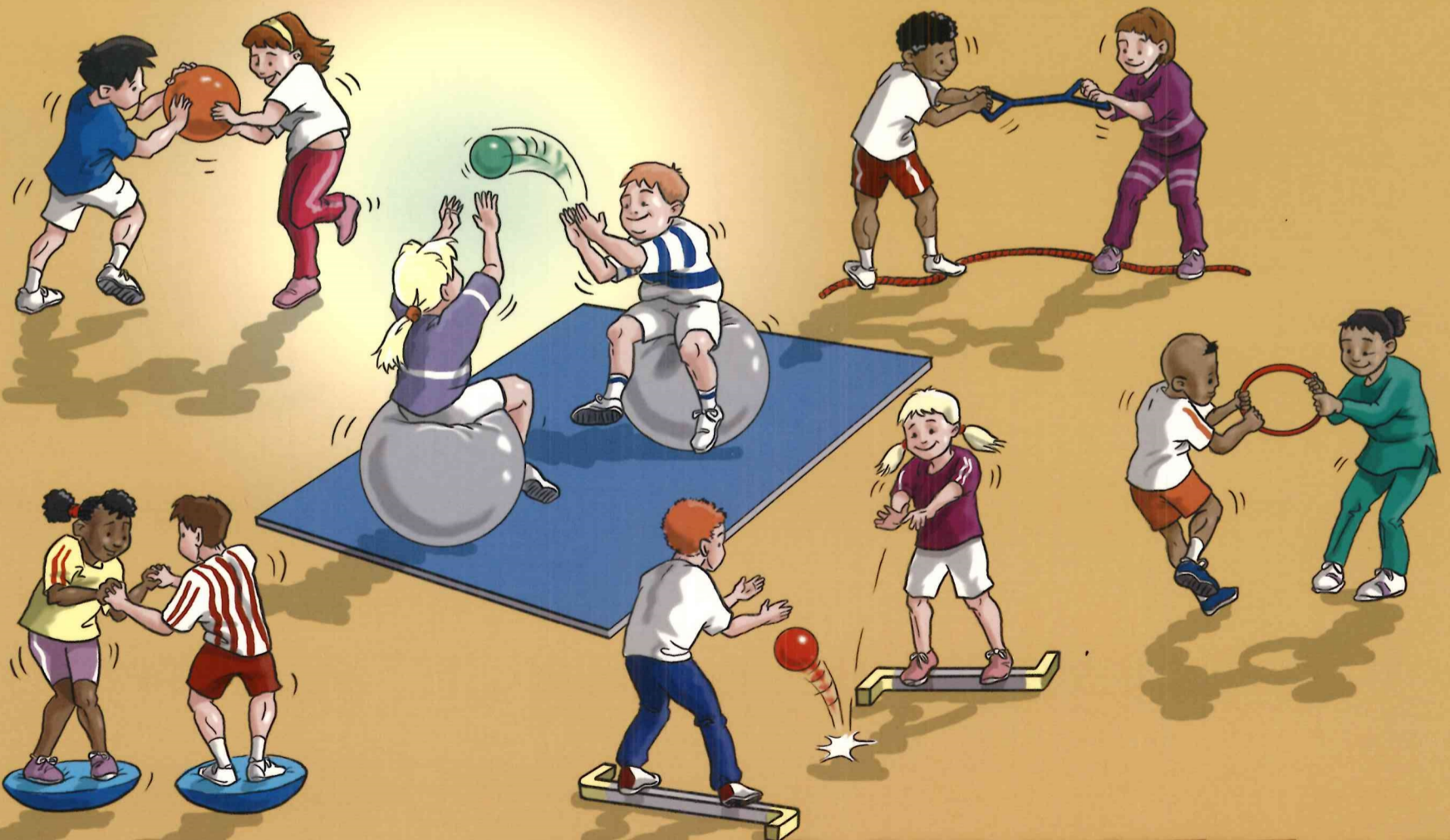
EXTENDING SKILLS

Encourage the children to try:

- working with the non-dominant hand or foot
- some of the activities with their eyes closed
- working with more than one object at a time.
- moving or spinning round to make a force and still maintain balance
- making a sport specific action while maintaining posture and balance

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SUMO-PENTATHLON

In pairs arrange the five challenges

1. Standing on one leg with two hands on a hoop or a ball. Push or pull to get one person on two legs.
2. Sitting on a swiss ball and throw a ball to each other. Who loses balance first?
3. Holding a rope with two hands, pull the rope to get one person off balance.
4. Standing on wobble cushions, hold hands and try to push and pull each other off balance.
5. Standing on a beam or line, bounce a ball between each other. Who loses balance first?



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