

# MULTI-SKILL CLUB

BALANCE 5  
BALANCE AND MOVING

## GETTING SKILFUL - FABB

Encourage the children to:

### Feet

- extend the base in the direction of movement
- flex legs to absorb the landing.

### Arms

- use arms to counterbalance movement.

### Body

- keep the centre inside your base of support.

### Brain

- think about the direction in which they want to move. Where should the base be?

## THINK INCLUSIVE

- Think of suitable adaptations for any exercise if it is too hard, e.g. lower bottom in crab and basket.

Encourage the children to:

### Space

- make bigger or smaller steps, jumps or pushes.

### Objects

- perform some of the activities on a bench, rope or balance cushions.

### Speed

- make the movements at different speeds.

### Strength

- explore how long they can keep moving before getting tired.

## GETTING BETTER - SOSS

## ALL ROUND DEVELOPMENT, LINKS WITH:

### Agility

- maintaining balance while moving quickly or while going faster/slower.

### Co-ordination

- maintaining balanced positions while throwing on the move.

## EXTENDING SKILLS

Encourage the children to try:

- designing a circuit of different activities, for example, a relay or obstacle course?
- sport specific moves they know, identifying the balance points within them.



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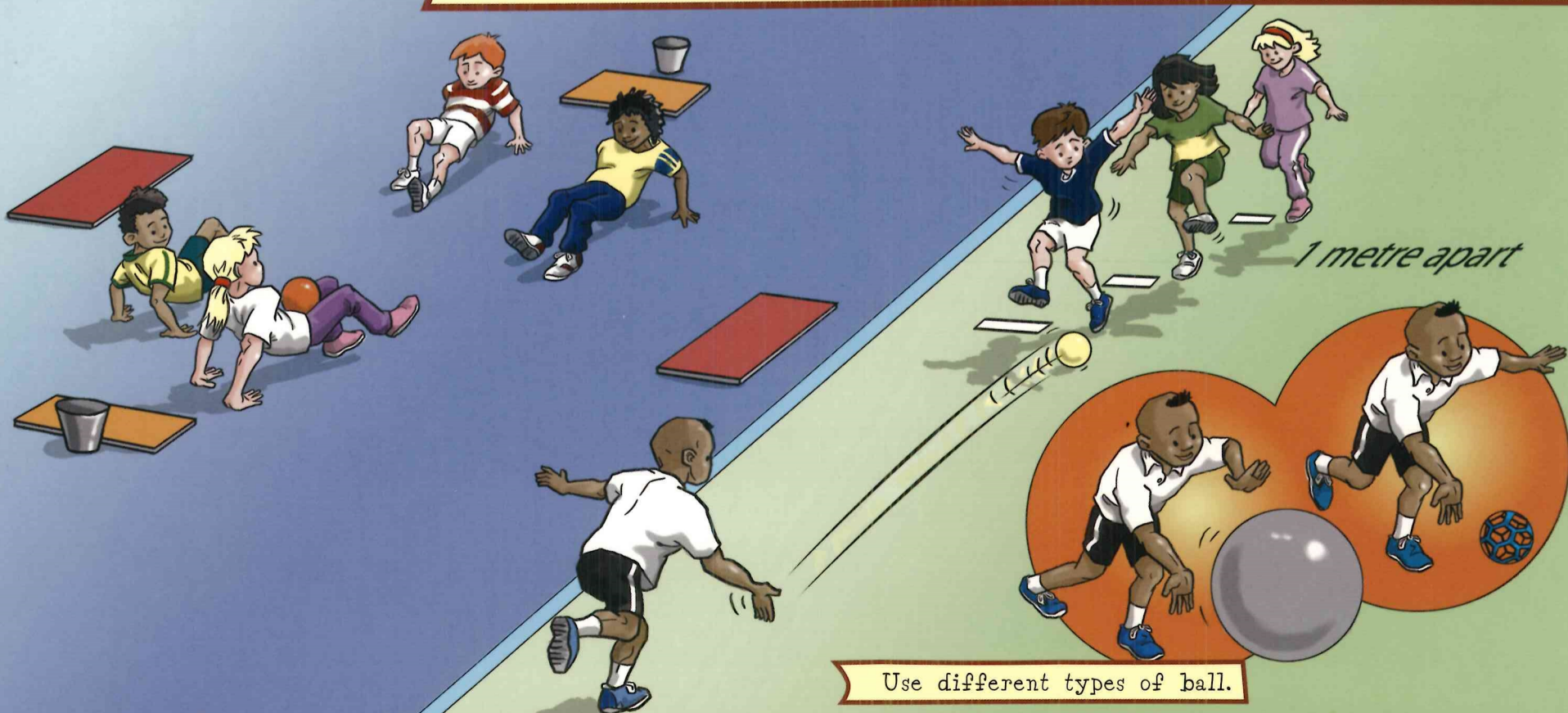
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## CRAB AND BASKET

- Arrange the playing area as shown with two baskets and two mats.
- Make the crab position with hands pointing forwards.
- Ball can be carried anywhere on the body.
- Get ball into basket and score 5 points.
- Get ball onto a mat and score 2 points.
- When points are scored, the opposition start with the ball.



Use different types of ball.

## HUMAN SKITTLES

- Assemble in groups of four with everyone standing on one leg.
- One person rolls a sponge ball and the others jump to avoid it.



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