

### GETTING SKILFUL

Encourage the children to:

#### Upper body

- use seated balances to isolate the upper body and explore a range of balances
- use play to help individuals discover their centre and how this contributes to balance.

#### Lower body

- use mobility aids to support different balances and create counterbalance.

#### Brain

- think about which muscles can help maintain balance
- think about different methods of counterbalancing.

### THINK INCLUSIVE

- All children will benefit from exploring balance using different body parts and different stable positions.

Encourage the children to:

#### Space

- keep the support close, but begin to decrease the amount of support given.

#### Objects

- create a safe environment to explore and challenge balance by using:
  - supports
  - walls
  - parachutes
  - crash mats.

#### Speed

- choose balls of different weight and texture when varying the speed to challenge balance.

#### Strength

- focus on the parts of the body where strength can be challenged
- avoid fatigue and overuse
- be aware of strong muscles which can help maintain posture and stability.

### GETTING BETTER - SOSS

### ALL ROUND DEVELOPMENT, LINKS WITH:

#### Agility

- try to maintain balance while moving and changing direction at speed
- experiment with different balanced positions when twisting and turning.

#### Co-ordination

- explore co-ordination activities that require good balance (fine motor control)
- explore the best balance positions for throwing.

Encourage the children to try:

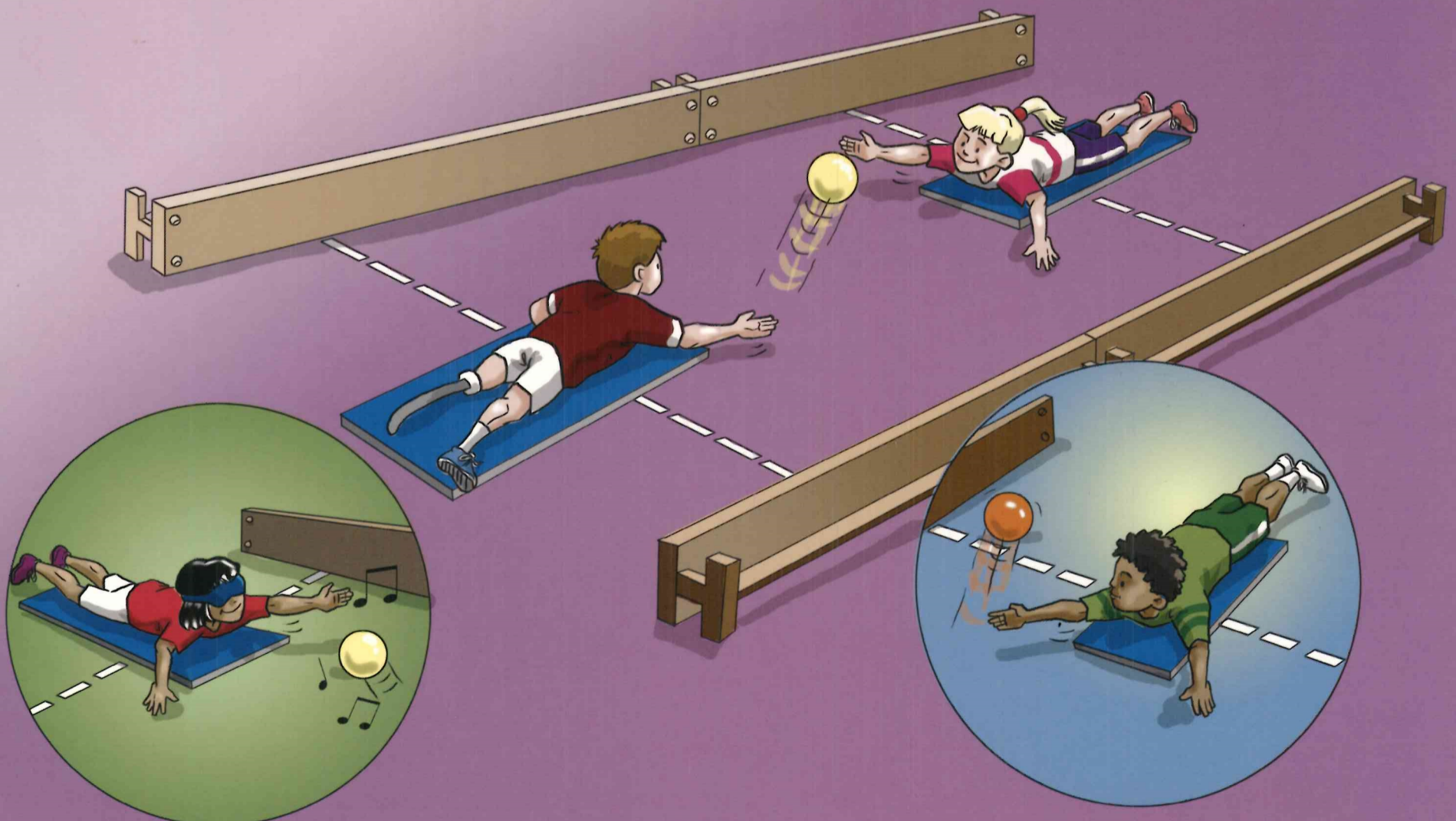
- different balanced positions for throwing in boccia
- ways of linking balances into a sequence when travelling
- finding an appropriate gymnastics club
- working with each other to help support and experiment with new balanced positions.

### EXTENDING SKILLS



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### FLOOR FOOTBALL

- Players lie on their fronts on mats.
- The aim of the game is to push the ball past your opponent.
- The ball must be on the ground when it passes over the line.



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