

Learning Intention: How can you balance on different parts of your body?

Year 1

I can attempt to balance on different parts of my body

I can balance on different parts of my body, holding the balance for 3 seconds

I can balance on different parts of my body, keeping a strong and pointing my toes

EQUIPMENT:

Resource cards,
mats bean bags,
spots, strips.

KEY WORDS: Balance, Straight, Squat, Pike, Tuck, Start, Finish, Roll

Warm up: Aliens

Children to skip around, pretending they floating and in Space. Teacher to place spots out (enough for each child)

If the teacher calls 'Aliens' they are to skip to a spot (the moon) and FREEZE in any balance they know e.g. on one leg, on their bottom, tummy, hand and foot etc...

Starter Activity: Recap space shapes ... Straight shape, Star shape, Straddle, Star, Tuck, Dish, Arch, Squat, Pike **Children can show each other a shape.**

Activity 1: Balance Fun

One mat between two. With a partner, explore:

- 1) How many parts of their body they can balance on?
- 2) Can they hold a balance for 3 seconds?
- 3) How can you move smoothly into your balance?
- 4) How can you move out of your balance it smoothly?

Children show their favourite balance to the class

Challenge: Can they point their toes when they show a balance?

Linking learning: Can you make a shape into a balance? e.g.

Star shape - stand on one leg this is a side star

Side Star






Stork Balance



Arabesque balance



Balancing:

-  Focus on something in front of you
-  Hold balance for 3 seconds
-  Hold balance with a strong body

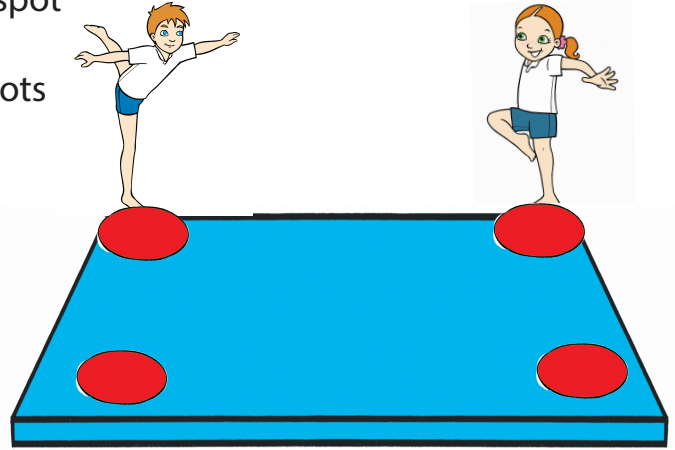
Activity 2: Balancing Spots

Place 4 spots on the 4 corners of the mat - in pairs

1. Both children to find a spot and balance on it
2. Now they are to find a way to travel to another spot - e.g Jump, step, roll, turn
3. Now show a different balance on the next spot
4. Then they travel to the next spot
5. Keep going until they have been on all 4 spots

Can they repeat their sequence and demonstrate to the class?

- ✔ Strong body when balancing
- ✔ Point toes
- ✔ Move **smoothly** from one balance to the next



Make it harder:

1. Children to move the spots around the mat (this encourages different formations.)
2. Take the spots away.

Activity 3: Extension - Sequence Fun

Children can now make up their own sequence

In pairs choose **4 balances** and link them together smoothly into a sequence.

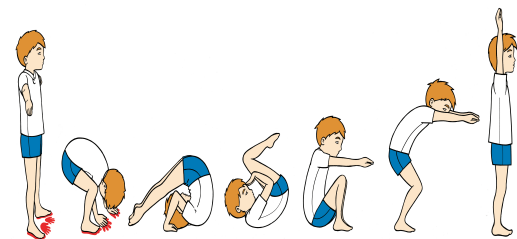
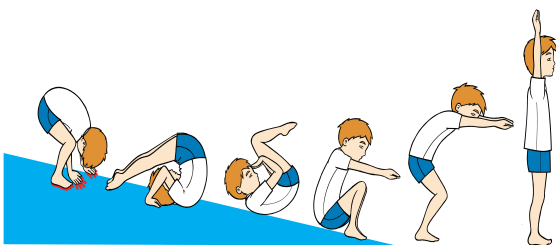
Can they join the balances with a jump, a roll and some travelling moves?

Make it harder: Move in time together when performing your sequence .

Additional Activity - Forward Roll activity revisited:

This is a good opportunity to practise forward rolls with children who may need extra support with a forward roll. See video.

1. Teacher to have a mat – positioned at the corner of the room so they can still see every child.
2. Teacher to invite children in their pairs to come to the mat. Start with the **More Able** children.
3. Teacher to support child with Forward Roll – ensure child's head is tucked in and follow the video.
4. Only children that receive a star sticker can continue to practise their forward rolls on their own. Reward all children with a sticker for attempting a Forward Roll.



Make it easier: Teacher to use a springboard/wedge / landing mat to help with Forward Roll

Make it harder: Star shape roll on a mat

Note: While teacher is working with individuals, the rest of the children are practising their sequences

Cool Down: Lie down on the floor. Teacher to count to ten, children to grow into their favourite shape.

Plenary: Ask the children what is important when performing a balance?

