

## Learning Question: How can you balance?

### EQUIPMENT:

Throw-down strips,  
cones,  
quoits,  
bean bags,  
spots.

### Starter Activity Read pages 1-5

Yr 1

I can balance along a line

I can balance equipment on my head with some control

I can balance along lines with equipment on my head, showing control when racing

### Warm up: Magic Shoes

Teacher refers to the book and asks: what did Freddy and Felicity find on the doorstep?

Children to move around in a space and pretend they have got Freddy's and Fliss's new trainers on.

What do they think the trainers can do?

Now ask them to think of other shoes they can wear: e.g. football boots, ballet shoes, tap shoes, flip flops, high heels.

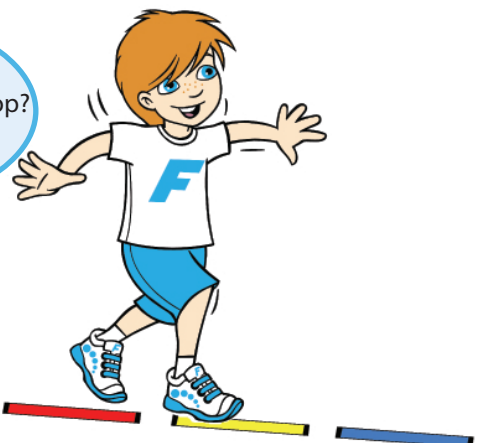
You could use objects that move: e.g. roller blades, skate boards, bikes and ice skates. You could make your own ones such as jumping shoes, skipping shoes and hopping shoes.

Encourage –light feet, and to look where they are going.

### Activity 1: Pavement Balance

#### Q & A

What did Freddy balance along when walking to the shop?  
How did he balance?  
How should you balance?



1. Children space out and find a line on the ground. They pretend to balance along the pavement like Freddy.
2. Children walk on the lines. If they meet another child they need to turn around and find a different route.
3. Can they hop, jump and skip across to another line?
4. Can they skip and stay on the line?
5. Ask them to move along the lines in different ways: e.g. jump, gallop, side step.

**More Able:** Hop along the lines.

#### Remember how to balance:

**Head** – look forward

**Shoulders** – arms in line

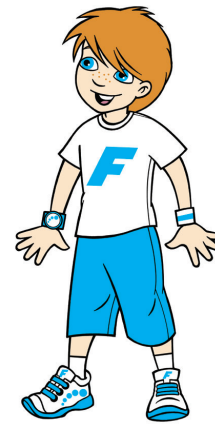
**Knees** – slightly bent

**and Toes** – light feet – not heavy!

## Activity 2: Freddy Future says ...

Play the game like 'Simon says'. Some examples are:

- Freddy says ... "Skip around"
- Freddy says ... "Hop"
- Freddy says ... "Balance along the pavement" **Progress check**
- Freddy says ... "Side step"



## Activity 3: Hats

Ask the children to describe the different hats that Freddy looked at in the shop. How many were there?

Set out four/five different hat shops. (Piles of equipment: e.g. cones, quoits, bean bags, spots, strips ... anything that they can balance on their head.)

1. Children hop, skip or jump to each shop and try the different hats on. They walk around balancing the different hats (equipment) on their head – one hat at a time.
2. Now ask them to go and get their favourite hat.
  - a) Can they turn around?
  - b) Can they walk/move at different levels, e.g. crawl, slide.

**More Able:** Can they skip with it on or walk at speed?

3. Children to find a partner: can they follow them to the different hat shops? Then swap over.
4. Hat competition. How many hats can they try on in 30 seconds? Ensure they look where they are running! They can do this individually or as a team.

Repeat the game - Can they get a better score? (Personal Best)

### Book reference:

Freddy looking at hats in the fancy-dress shop.



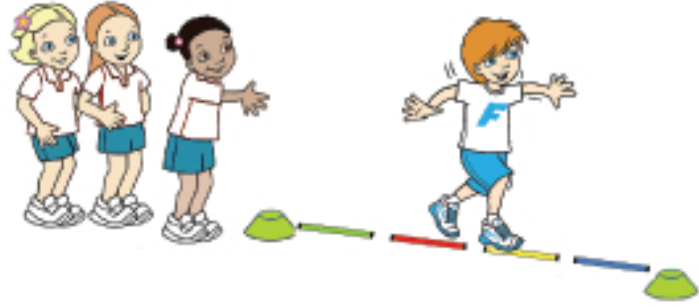
### Progress Check:

Ask the children key points of balancing – head, shoulders, knees and toes.

#### Activity 4: A Race to the Shops

Teacher to split class into six teams. Each team races along the pavement lines to the cone and back.

The winning team is the first team to get to the shops and sit down!



Cool Down: Play Freddy Future says ... finish off with the children walking around slowly.

Plenary: What did you like about Freddy's adventure? What did you and Freddy do when you were balancing. Can you remember head, shoulders, knees and toes? What you should do for each one? **Progress Check**