

How can you balance on equipment?

Yr 2

I can balance on equipment, showing some control

I can balance on equipment with control, whilst balancing objects on my head

I can balance on equipment with good control, whilst balancing objects on my head

EQUIPMENT:

Throw-down spots, throw-down strips, cones, wobble board, bench, quoits, Throw-down feet and music (happy).

Starter Activity
Read pages 6-9

Warm up:

Children to jog around an area and listen out for the commands:

Crow's Nest = Children stand on one leg

North = Hop forward

East = Side step to the right

South = Side step backwards

West = Side step to the left

Compass Point = Children all gather in centre of the room

Three in a Lifeboat = Children get into three's

Climb the Rigging = Children pretend to climb a rope ladder.

Submarines = Children lie on floor with one leg raised like a periscope

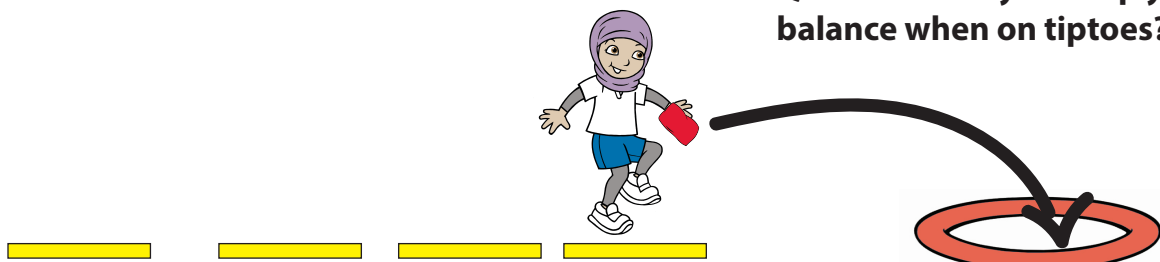
Hit the Deck = Children lie down on their stomachs as quickly as possible (or get in plank position).

Activity 1: Walk the plank on tip toes (Groups of 4)

1. Children to hold a bean bag each and walk the plank on **tip toes**- Do not step off it!
2. At the end of the plank, stand on one leg and throw the beanbag into the hoop.

Make it harder: move the hoop further away.

Q&A: How did you keep your balance when on tiptoes?



Use throw down spots/feet for planks

Activity 2: Walk the plank

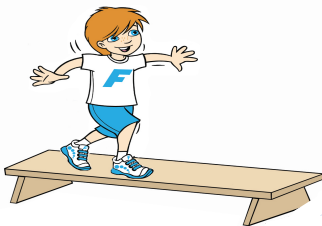
Q & A of prior learning:
What is important when balancing?
Head, shoulders, knees and toes recap.

Set up 5 stations with benches.

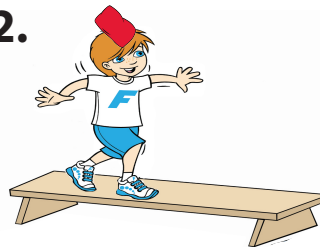
1. Walk along the bench on **tip toes** and step off
2. Walk along the bench with a beanbag on your head, step off the bench without the beanbag falling off your head. **Make it harder:** On tip toes
3. Place rubber spots/hands or feet along the bench - step over the spots - do not stand on them as they are hot. **Make it harder:** add more spots or use throw down feet
4. Now repeat stepping over the spots with a bean bag on your head
5. Repeat again with a bean bag in each of your hands and one on your head

Children imagine they are walking the plank in the story and jumping into the cool blue sea.

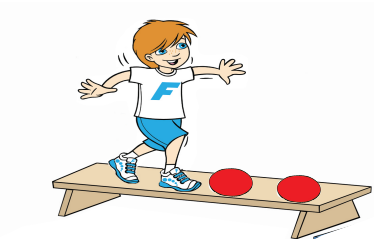
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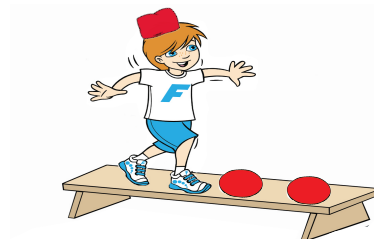
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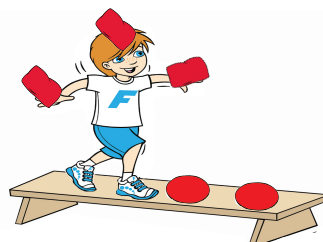
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Activity 3: Yr 2 DIY (Do It Yourself)

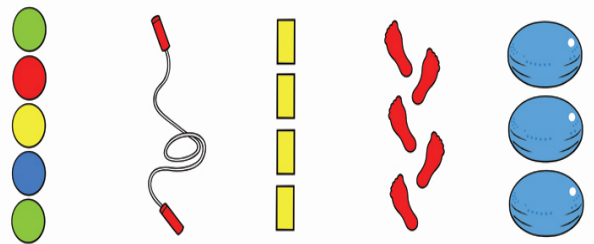
1. In pairs/fours, choose some equipment and make imaginary planks.
Move along the plank while balancing an object on your head.
2. Can the children show to the class?
3. Rotate around and teach a different group how to use their plank. (AFL)

Q&A: How can they make their **activity harder**?

E.g. Add different objects to balance on different parts of your body.
Move on different parts of their body



Make it harder: Use balance beams



Cool Down: Children to lie down in a space and pretend they have gone to sleep (like the pirates). Children to think about what they enjoyed in today's adventure.

Plenary: What did you need to think about when you walked the plank so you didn't fall off?
What did you enjoy most about today's adventure?