

Learning Question: How can you balance when moving?

EQUIPMENT:

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

Starter Activity
Read the Freddy
and the Pirates
book

Yr 2

I can balance equipment on my head with some control

I can hop along a line and keep my balance

I can balance on different parts of my body when moving and have good control

Warm up: **Magic Shoes**

Teacher refers to the book and asks: What did Freddy and Felicity find on the doorstep? Magic shoes
Children to **move** around in a space, Teacher to call:

Magic shoes - Jumping with two feet

Trainers - children to leap around the room - hopping from one foot to the other

Spikes (running shoes) children to run around quickly in any direction

Dance Shoes: Skipping around in any direction

Muddy shoes: Show a balance on a different part of your body



After your warm up, place your one hand on your chest and one hand on your head.

What can you feel?

You should be able to feel your heart beating faster, your breathing has increased and your body may start to feel warmer. This is your body's way of telling you that you are ready for exercise- your heart has been pumping blood around your body, getting your muscles warmed up and ready for your activities.

Do you feel happy and ready for your activity?

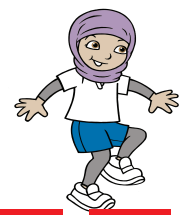
Activity 1: Balance

Q & A

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

1. (In pairs) Children to make a line on the ground. Using spots/strips.
2. How many different body parts can they balance on the line?
3. Can they skip - staying on the line?
4. Can they hop along the line?
5. Can they hop with their non-preferred leg?

Make it harder: To hop along the line without putting their other foot on the floor!



Linking Learning: Remember how to balance:

Head – look forward

Shoulders – arms in line

Knees – slightly bent

and Toes – light feet – not heavy!

Head, shoulders, knees and toes

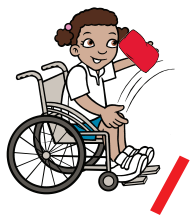
With your partner, stand opposite each other on a line/spot- with a bean bag/cone/quoit

1. Can you stand on one leg and touch the floor?
2. Can you do the same with the other leg?
3. a) Place the beanbag on the floor (on your left)
 - b) stand on one leg
 - c) bend down (still on one leg) and pick up the beanbag,
 - d) place on your head, now bend down and place the bean bag on the floor
 - e) now repeat, however, this time in the opposite direction

Challenge: Can you throw a beanbag to your partner, standing on one leg. Now swap over to your non preferred leg.

Q&A: How did you stay balanced?

SEND: Balance on body e.g. head, arm leg while moving the chair or Reach down as far as possible while balancing the beanbag on opposite arm.



Bend down touch the floor



Throw to your partner



Activity 3: Hats

Ask the children to describe the different hats that Freddy looked at in the shop. Place spots/cones like the diagram

Start off with 4 cones in your hands.
Stand on one leg.
Place a cone on each of the spots while staying on one leg.

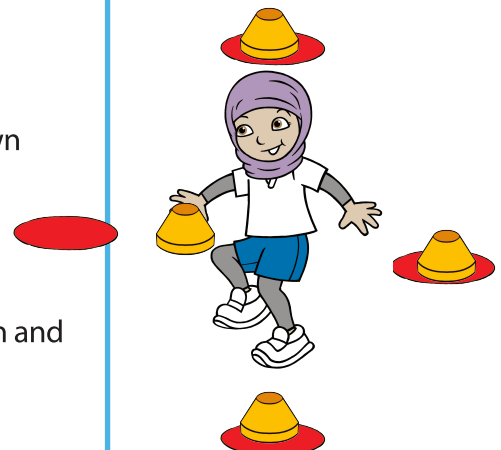
Rules: You are not allowed to throw the cones, you must bend down and place them on the spots

Challenge: Can you stand on the other leg and repeat the above?

Make it harder: Start off with all the cones on your head. Bend down and place one cone at a time on the spot (while on one leg) trying to keep the hats on your head!

What are the key points of balancing? Look forward, have a strong tummy

Book reference: Freddy looking at hats in the fancy-dress shop.



Activity 4: A Race to the Shops

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

Race 1: Crab race- Children to balance on all fours, move to the spot-and then crab walk back

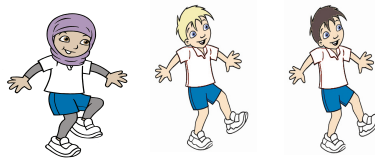
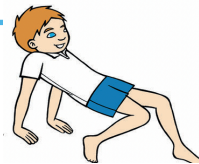
Race 2: Hop it- Hop to the spot - stand on one leg, on the spot - bend down, touch the spot with the bean-bag and then run back

Race 3: Balancing caterpillars- In teams, all to stand on one leg - child at the back runs to the front and stands on one leg - only when they get to the front and on one leg - the next child goes. Aim is to get the whole team past the finish line. **Rules:** The children are to be no more than an arms length away from each other.

Race 3: Pass the hat- All stand on one leg- and pass the cone (hat) back to your team mate- the hat must be put on your head before it is passed on! Same as balancing caterpillars - team get past finish line



Key values: Honesty, Determination, Teamwork, Motivation



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

Plenary: How did you keep balanced when moving?

♥ Did you know that you need to do lots of different activities to keep your bodies and mind healthy? What can you do to keep active in the day?