

Wednesday – Balancing



Activity:

- Set up 5 small areas. Make sure you have enough space. Stand in that area and stretch your arms out to make sure you have enough.
- Complete the stations 5 times over.

Stand on
1 leg

Stand
on your
tip toes

Balance on 2
hands and 1
leg

Balance
on 1 knee

Tuck knees into
chest and
balance on
bum



30 Minutes

Equipment needed:

- Markers to section of your area - Paper, Plant pots, balls, socks, shoes, jumpers

Make it easier:

- Only complete 3 elements of the sections and hold onto something.

More of a challenge:

- Make extra stations and include a handstand and a head stand.
- Make up a balance holding onto someone else (A counter balance)