

Balancing Act

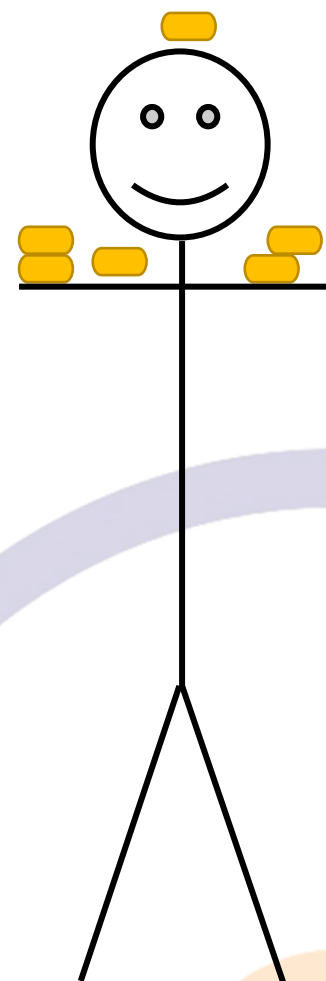
How to Play:

Playing in pairs:

- ✓ One player stands with their arms outstretched.
- ✓ The other player has 1 minute to safely balance as many items on the first player as possible.
- ✓ When the time is up, count how many items are balanced and then swap over. Who can balance the most items on their partner?
- ✓ To progress – difficult items can be worth more points.

Playing in teams (e.g. 2v2):

- ✓ One person from each team stands with their arms outstretched.
- ✓ The other players race to safely balance as many items as possible on their teammate.
- ✓ The team with the most items balanced, wins a point for the round.
- ✓ Play 3-5 rounds to see who can win the most points.



Equipment:

- ✓ Socks, tea-towels, books, coat-hangers, toys, etc.

How to score:

- ✓ Award 1 point for each item balanced successfully. Or 1 point for easy items and 2 points for difficult items.
- ✓ The player with the most points wins.
- ✓ If an item falls off, it must not be counted.

Balancing Act

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Hand-eye coordination
- ✓ Balance
- ✓ Problem solving

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.