

# MULTI-SKILL CLUB

BALANCE 1  
WHERE'S MY BODY?

## GETTING SKILFUL - FABBB

Encourage the children to:

### Feet

- move the feet to counterbalance the arms
- bend knees to lower the body.

### Arms

- use arms to counterbalance the legs.

### Body

- keep the body lower to the ground for stability
- keep body over base.

### Brain

- think about counterbalancing using different parts of their body as the base.



Encourage the children to:

### Space

- reach further away from the base which requires more counterbalance.

### Objects

- hold objects away from their centre which adds to any imbalance.

### Speed

- move slowly to help maintain more control of movements.

### Strength

- hold body parts away from the centre to use muscular endurance to maintain their position.

## GETTING BETTER - SOSS

## ALL ROUND DEVELOPMENT, LINKS WITH:

### Agility

- movement activities which require balance when turning quickly.

### Co-ordination

- challenging balance when moving with something.

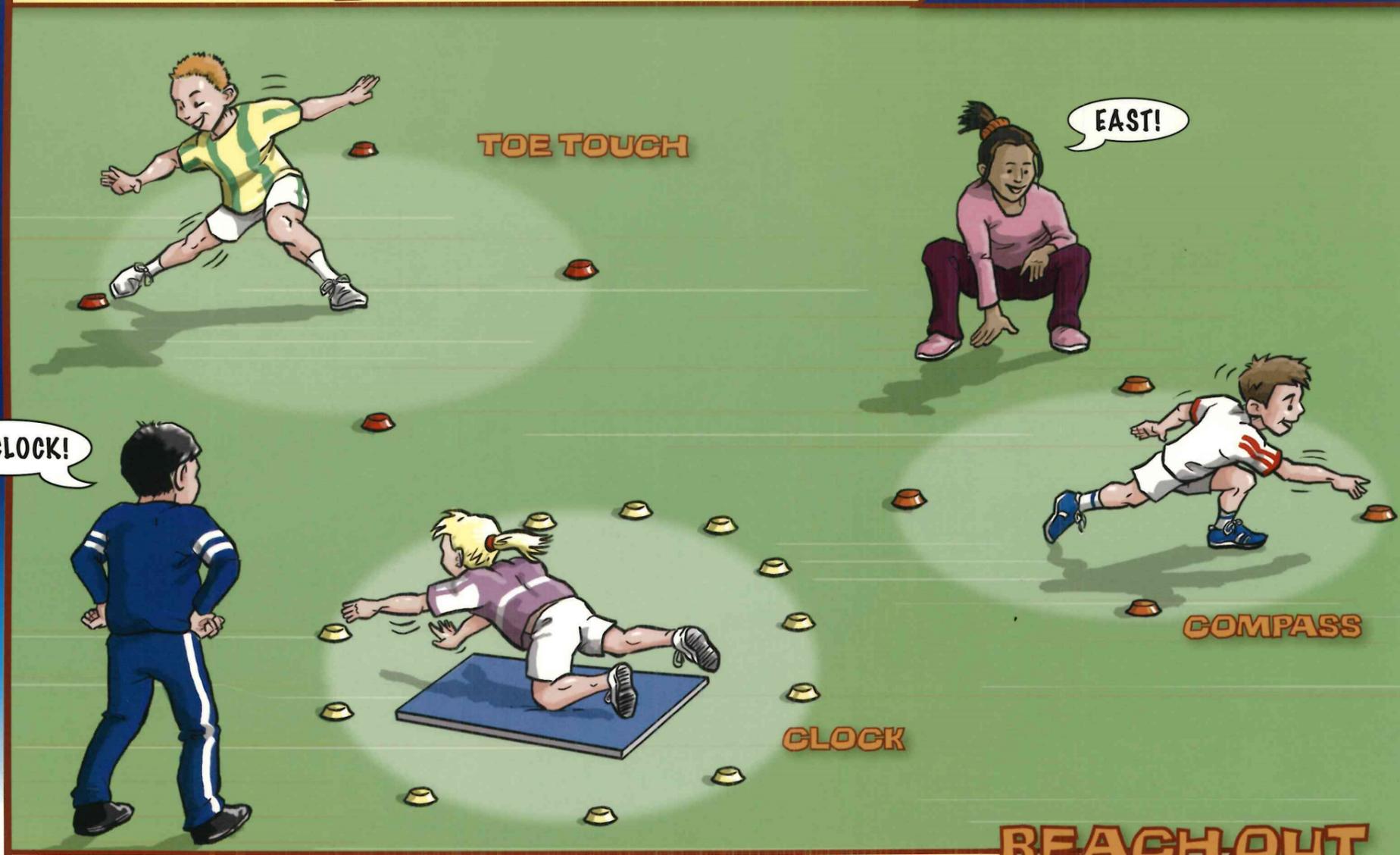
## EXTENDING SKILLS

Encourage the children to try:

- diving, gymnastics and trampolining which require good body awareness and balance
- closing their eyes or standing on an uneven surface to try an unstable initial balance
- copying a friend or moving at the same time to add an extra challenge
- making smooth links between the movements without any wobble!
- holding the end points of different skills, e.g. at the end of a football shot, or a hockey pass. Can a balance or counterbalance be held at the end of the movement?
- moving the cones further away or try wearing an eyeshade.
- balancing on bottom, knees or standing touching the head with one hand.

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## REACH OUT

- Set out several different circular layouts.
- Standing on one foot, touch safety markers with the other foot in the order they are called out.
- Move the cones further away or try wearing an eyeshade.
- Try balancing on bottom, knees or standing touching the head with one hand.



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