

## Balance Level 1

Stand with one leg on a step. See how long you can hold it for. Then swap legs.



Resistance Statues. Keep very still while your partner tries to gently move you. Try these positions:

- Four Point Kneeling
- High Kneeling
- Half High Kneeling
- Step Up



Musical Statues. Jump and dance around the room to music and when the music stops stop exactly how you are and be as still as possible.



Walk in between 2 lines on the floor (30cm apart). First try 5 metres, then try 10 metres.



Throw and catch a ball to a partner from a half high kneeling position. Try to get 10 or 20 throws without dropping the ball.



Stepping stones- Step onto different shapes or into hoops. Vary the distance and direction of the course.



Use different equipment such as blocks, steps, beams, benches and hoops to set up an obstacle course. Step into, onto or over these different things going around the course. Try and get faster each time.



Stomping on bubbles to try to improve standing on one leg.



Elephant Walking- From 4-point kneeling lift 1 arm up and try to move around like this.



Standing with feet together, step forward with one foot to touch a marker. Then return to the starting position and swap legs. Practice going out to the side too.



Hop on one leg holding onto furniture.



## Balance Level 2

Stand with one foot on a small soft ball. How long can you hold this? Then swap legs.



Get your partner to roll a ball towards you and try and stop it by placing your foot on top of the ball.



Superman- Start on all fours and then raise one arm and the opposite leg and see how long you can balance for. Then swap to the other side.



Walk forward along a line on the floor.



Walk along a bench in a straight line.



Walk in a straight line balancing a beanbag on your head. If this is too easy try doing an obstacle course with a beanbag on your head.



Try and walk in a straight line heel to toe.



Hop on one leg for as long as you can and then swap to the other leg. How many hops can you do?



Hopscotch

Stepping sideways on uneven surfaces e.g tree trunks or blocks.



## Balance Level 3

Statues: Stand very still on one leg while your partner gently pushes you. Then swap legs.



Walk toe to heel backwards in a straight line. You can look behind you to see where you are going. Then try without looking where you're going.



Walk toe to heel backwards in a straight line without looking where you are going with a beanbag on your head.

Sit on the floor cross-legged with a beanbag on your head and try to stand up without it falling off.



Standing on one leg with your arms folded. Then try with your eyes closed. Then try on a squishy mat.



Hop with one leg into squares marked out onto the floor without touching the lines. Try 5 hops and then swap legs.



Do 4 hops and then stop. Now try and hop and stop and then hop and stop, keep going for as long as you can. Then swap legs.

Stand on one leg and place a tennis ball underneath the other foot. Using your foot roll the ball



Get your partner to call out different directions and you hop in the direction they say.



Play a game of twister.



Arabesque. See how long you can hold that position for.

