



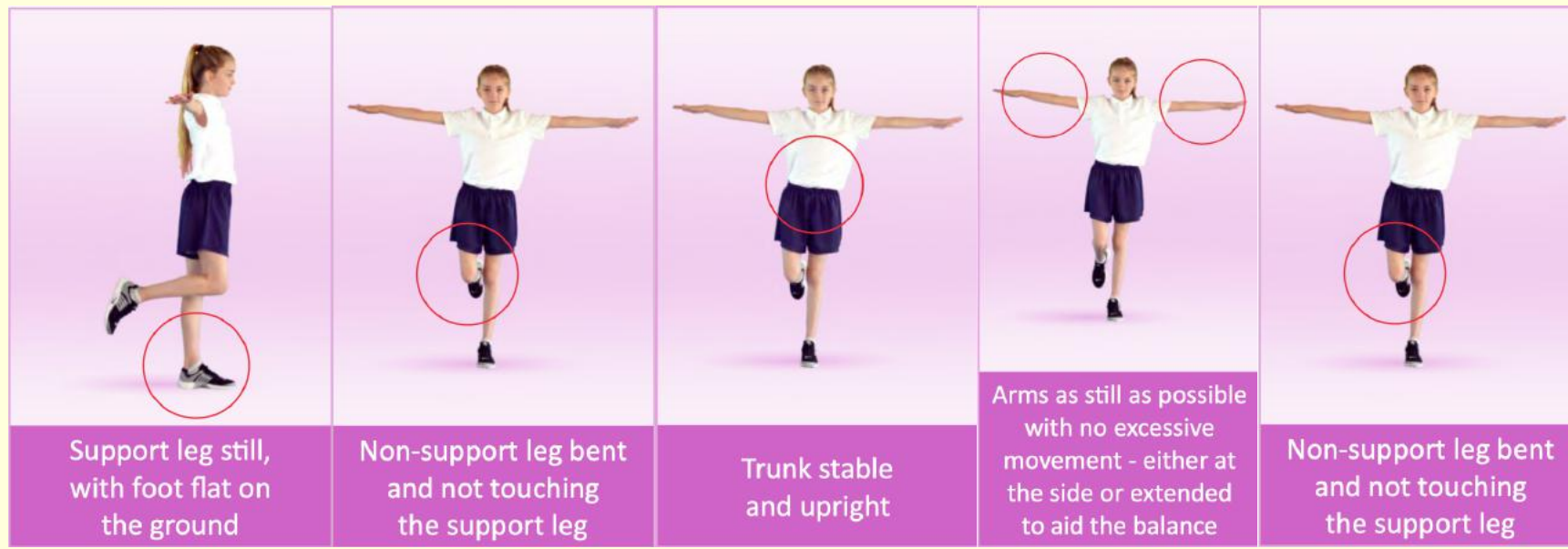
KS2

Week



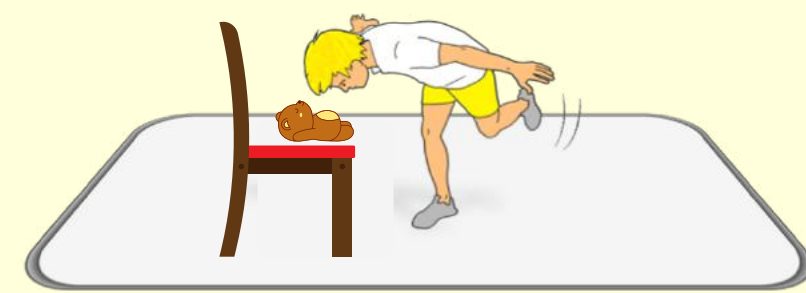
Fitness - Balance

This week in P.E. we will be focusing on our balance (Static Balance)
Try these activities at home during your scheduled P.E. lessons



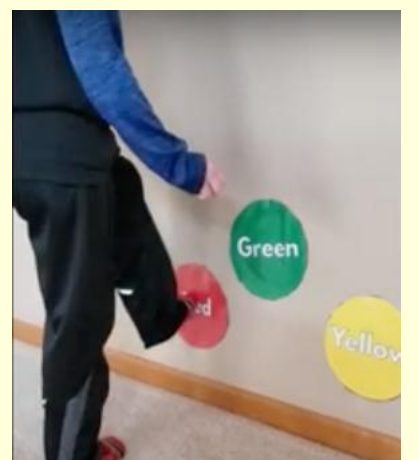
1 In a safe space practice balancing on one leg. Practice on both your left and right leg. Watch the video clip and try to focus on your technique when balancing. →

2 Nose Touch Balance
Put a soft cuddly toy on a chair and stand in front of it. Balance on 1 leg and lean over and try to touch the teddy with your nose without falling over. Complete this challenge 7 times on each leg (right/left).



💡 Can you touch the chair (without the teddy bear on it) with your nose?

3 Spot Toe Taps
Put pieces of coloured paper or paper with colours written on them, (you could also use post-its, or anything similar) at the bottom of a door or wall. Balance on one leg and tap the coloured spots with your toe! Try and stand on one leg all the time whilst you touch each spot in turn. Repeat with the opposite leg. If possible, ask someone to call out the colours that you must touch.



💡 Move the spots further apart and/or higher to make it a harder challenge.

4 Pillow Balance
Place a pillow (or folded up towel) on the floor and balance on one leg. Try to hold the balance as still, and as long as you can (you might want to use a wall or chair to help you maintain your balance) Complete this challenge 5 times on each leg (right/left).

