

KEY STAGE 2

MONDAY



30mins

GYMNASTICS



ACTIVITY

BODY PART BALANCE

Your challenge will be to create as many balances as you can using large or small body parts.

1. On a piece of paper write down all your body parts which are large.
2. On another piece of paper write down all your body parts which are small.
3. Ask one of your family members to shout out one of your listed body parts, this must then be included in your balance.
4. Try and keep your body as still as possible during these balances, hold your muscles tight.

How many can you do?

Which ones can you hold?

Can you link any of the balances together?

EQUIPMENT NEEDED

- None needed.



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Start with easy balances, that include both feet

MORE OF A CHALLENGE

Can you do balance with your tummy facing towards the ground and towards the sky?

MAKE IT INCLUSIVE

Do balances with both small and large body parts together.

LEAD OTHERS

Can other members of your family copy your balances?