

Balance Skills

One-leg balance

Equipment: beanbag, tennis ball.

This task focuses on static balance. Children do activity twice, first with one leg only and then their other leg.



MODEL	PLAN	EVALUATE
<ul style="list-style-type: none"> • In a demonstration, show them how to stand on one leg • Talk them through the PLAN: what they should be doing and why, e.g. keep the standing foot in one place. • Emphasise things they need to pay attention to: <ul style="list-style-type: none"> • to keep the free foot off the floor • stretch out arms and hands for balance • keep eyes on fixed point ahead 	<ul style="list-style-type: none"> • Look at a fixed point • Keep the standing foot in one place while balancing • Keep the free foot off the floor • Use the arms to balance, if necessary • Keep back straight 	<ul style="list-style-type: none"> • Were they standing in one place? • Do they need reminding to keep the free foot off the floor? • What problems did they find? • How long did they manage to stand on one leg for?

Stage 1: Stand on one leg as long as possible: practice this on each leg.

Stage 2: Stand on one leg as long as possible while holding a beanbag on the head: practice this on each leg.

Stage 3: Stand on one leg as long as possible with closed eyes: practice this on each leg.

Stage 4: Stand on one leg as long as possible while holding a beanbag on the head AND with closed eyes: practice this on each leg.

Stage 5: Stand on one leg as long as possible while bouncing and catching a tennis ball: practice this on each leg.