

Primary P5-P7 PE

BALANCE & CONTROL

Below are 6 tasks. Task 1 is for everyone to complete and then we would like you to choose two or more tasks to complete over the week.

<p>1. Balance & Control (FLIP)</p> <p>Click on the link below. Watch the videos and try the tasks and challenges on the explore and create pages:</p> <p>https://sites.google.com/cl.glow.scot/balance-and-control-second-lev/home</p>  	<p>2. The One Leg Challenge</p> <p>Kneel on the ground. Put one foot out in front, flat on the ground. Try and stand up using only that leg. You will have to concentrate on keeping your balance!</p> <p>Try it on the other leg as well. Why not do this 10 times a day on each leg? This will help you improve your balance!</p>  <p>To make it easier: Use a chair for balance. Do a single leg squat. Start as though a normal squat, and then lift one leg out in front of you and squat.</p> <p>To make it more challenging: Hold on to the foot behind you.</p>	<p>3. On your head</p> <p>Find an object around the house that could replace a bean bag - packet of crisps, small bag of flour/sugar, pack of Skittles, a pack of pasta etc</p> <p>Can you walk from one to another without it falling off? Can you manage the stairs?</p>   <p>To make it easier: Use a bigger object that fits more closely to the shape of your head. Walk more slowly. Hold onto the object with one hand.</p> <p>To make it more challenging: Use an object that does not fit to your head shape - an apple, or chocolate bar etc Can you do it while hopping? Throw and catch something between your hands as you walk.</p>
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4. Hopscotch

Create different hopscotch sequences - how many feet do you have on the ground, and in what order - eg. 1,2,1,2,1 - 2,2,1,2,1 - 2,1,1,2,2,1. Add in as many step sequences as you like. Control your movement, and balance on landing.



To make it easier:

Make sequence easy to follow - 1,2,1,2,1,2. Have someone call the numbers in sequence.

Draw sequence on concrete with chalk.

To make it more challenging:

Make sequences longer - Move faster.

Add a change of direction - forward to backwards, sideways.

Have someone communicate your sequence using use hand/finger signals.

5. Time Till You Topple

Time yourself to see how long you can stand on one leg without losing balance.

Stay as still as you can.



To make it easier:

Hold your arms out to the side to help you balance.

Hold onto a chair or something you can steady yourself with.



To make it more challenging:

Try it with your weaker leg.

Try and balance with your eyes closed.

Try throwing an object and catching it whilst remaining balanced on one leg.

6. Frog Stand

Watch this video before attempting the frog stand:

[How To Do A Frog Stand](#)

Make sure you have a pillow in front of your hands before you begin. Tuck up your knees and rest them against your elbows, then lean forwards on your hands lifting your feet from the ground.



To make it easier:

Try to go in and out of the frog stand. Hold the balance for less time.

To make it more challenging:

Hold the balance for longer.

Try the frog stand leg shifts.

Try the frog stand press ups.

Try the frog stand into the headstand.

