

## Primary P3-P4 PE

### Balance and 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.

#### 1. Name of task (FLIP)

Click on the link below and work through the videos, tasks and challenges. The explore and create pages have lots of exercises and challenges.

[Balance and Control FLIP](#)



#### 2. Daily Walk Challenges

On your daily walk, use some of these ideas to test your balance and control.

Between lamp posts try leaping,



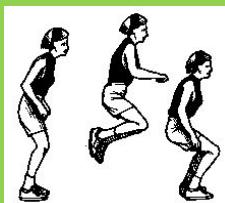
If you find some sticks try walking along them.



If you find some stones try stepping on them without touching the ground.



Play follow the leader, with different jumps and hop patterns



To make it easier:

- Try smaller leaps or land on two feet.

#### 3. Ball off the wall

Best using a ball but you can use a scrunched up newspaper, cuddly toy, or a toilet roll. Throw or kick the object off the wall. Use a smooth wall.

On your own



With a partner



Go close no bounce bounce



Further away with a



Play the game wall ball. Look here for the rules:

<https://ukwallball.co.uk/what-is-wallball/>

To make it easier:

- Bigger, lighter ball or object.

	<ul style="list-style-type: none"> <li>- Move the stones closer together or use someone to hold your hand.</li> </ul> <p><b>To make it more challenging:</b></p> <ul style="list-style-type: none"> <li>- Try going on tiptoes when balancing.</li> <li>- Try changing direction and distance of the jumps and hops for follower to copy</li> </ul>	<ul style="list-style-type: none"> <li>- Use underarm throw or kick the object from the ground</li> </ul> <p><b>To make it more challenging:</b></p> <ul style="list-style-type: none"> <li>- Move further away from the wall.</li> <li>- Add a target to the wall.</li> </ul>
<h4>4. Human Letters</h4> <p>Can you spell your name using your body to make the shape of each letter?</p>  <p>Can you show balance and control by holding the shape of the letter for 3 seconds?</p>	<h4>5. Spoon Race</h4> <p>Put one hand behind your back and use your other hand to hold a spoon balancing a small potato or small ball. Try and go to the other side of the room (or garden) and back without it falling off.</p> <p>Get time you? Can you time? Can you someone in a race?</p>  <p>someone to beat your challenge your house to</p>	<h4>6. Toilet Roll Balance Challenge</h4> <p>Balancing a toilet roll on your head, try to make different balance shapes in a sequence.</p> <p>Try not to let your feet touch the ground in between each balance.</p> <p>Make sure you have good body tension and engage your core muscles so that you can hold each balance for 4-5 seconds.</p>  <p>Here is a video to give you some ideas: <a href="https://youtu.be/ujcAYOcTmb8">https://youtu.be/ujcAYOcTmb8</a></p> <p>Can you make up your own balance shapes to try?</p>
<p><b>To make it easier:</b></p> <ul style="list-style-type: none"> <li>- Can you make your initials?</li> <li>- Can you make the shape for 1 or 2 seconds?</li> </ul>	<p><b>To make it easier:</b></p> <ul style="list-style-type: none"> <li>- Go slower.</li> <li>- Use two hands.</li> </ul>	<p><b>To make it easier:</b></p> <ul style="list-style-type: none"> <li>- Try the balances without the toilet roll on your head.</li> <li>- Rest your foot on the ground between each balance.</li> </ul>
<p><b>To make it more challenging:</b></p> <ul style="list-style-type: none"> <li>- Can you do your first and second name?</li> <li>- Can you control the movement of one letter into the next?</li> </ul>	<p><b>To make it more challenging:</b></p> <ul style="list-style-type: none"> <li>- Use your other hand.</li> <li>- Use a smaller spoon.</li> </ul>	<p><b>To make it more challenging:</b></p> <ul style="list-style-type: none"> <li>- Time yourself and see how long you can hold them for.</li> <li>- Try to throw and catch a ball or pair of socks while balancing on one foot and balancing the toilet roll on your head! How many can you do?</li> </ul>

