

Body Parts

- This can be played inside or outside. Set a limit on the size of the area.
- Players decide on a leader.
- Players move around the area.
- Whoever is leader will call out a body part (for example, knee) and players have to balance using that body part on the floor.



Change & Challenge

- The leader can ask players to move in different ways – running, hopping, skipping, jumping, side stepping etc.
- Call out multiple body parts (for example right hand and left knee)
- Increase or decrease the amount of time players hold their balances to make it easier or harder.
- Make the area larger or smaller.

