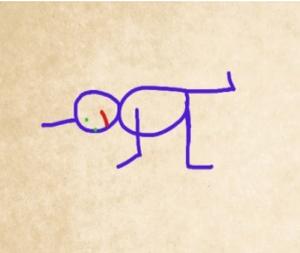
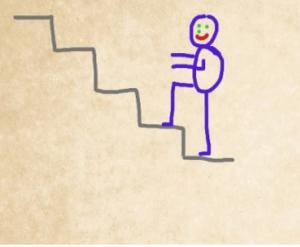
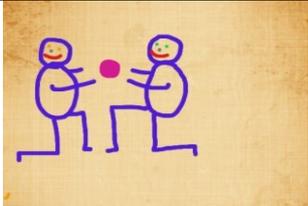
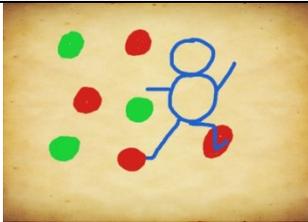
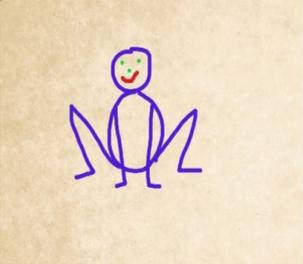
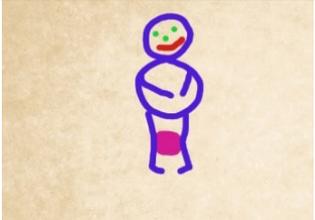
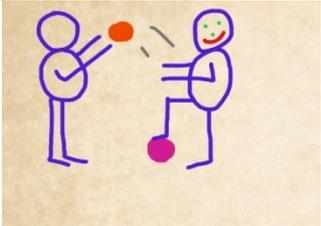
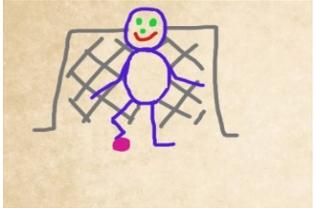
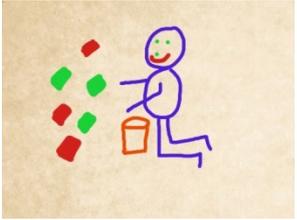
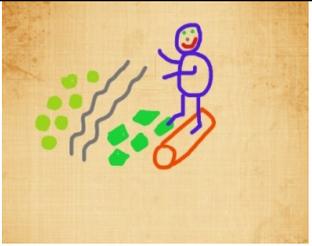


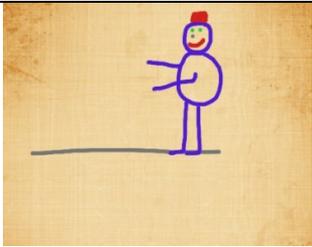
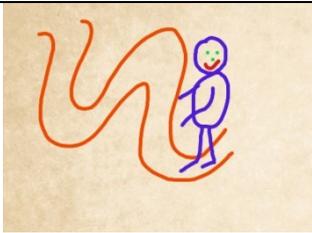


Balance activities

<p>Medium</p>	<p>Mark out a pathway using masking tape or lay down PE ropes. Start with the pathway having about 60 cm apart, and then gradually decrease the distance between the tape/ropes. Ask the student to walk along the pathway on tip toes, sideways, backwards.</p> <p>Make the pathways more complex by adding twists and turns.</p> <p>Repeat above but on PE mats turned over (bumpy side)</p> <p>Repeat above but on PE mats with small objects underneath (beanbags etc).</p>	
<p>Medium</p>	<p><u>The blindfold challenge</u></p> <p>Mark a straight line out on the floor (use masking tape or chalk). Ask the student to walk along the line heel to toe.</p> <p>Ask the student to close their eyes and see how far they can walk along the line.</p>	
<p>Medium</p>	<p><u>Stretchy dog</u></p> <p>Ask the student to kneel on all fours. Ask student to lift one straight arm forwards, and repeat with the other arm.</p> <p>Lift one leg and straighten it, repeat with the other.</p> <p>Lift one leg and the opposite arm; hold a strong shape, trying not to dip your back.</p> <p>Try with eyes closed or a beanbag balanced on their head.</p>	
<p>Medium</p>	<p><u>Stairs step</u></p> <p>Step on /off the bottom stair (off backwards). How many can you do in a minute?</p> <p>Step on, and jump off backwards.</p> <p>Jump on, and jump off backwards.</p>	

<p>Medium</p>	<p>Use masking tape/ PE ropes to make different paths on the floor</p> <ul style="list-style-type: none"> - Straight - Curved - Zig-Zag <p>Ask students to walk along, feet either side, sideways, backwards along.</p>	
<p>Medium</p>	<p>Ask students to walk along a line marked on the floor, heel to toe backwards</p>	
<p>Medium</p>	<p>Lay out a PE rope in a straight line, place bean bags in step paces either side of the rope. Ask students to walk along the rope placing their feet on the bean bags.</p>	
<p>Medium</p>	<p>Lay out a line of bean bags touching each other. Ask students to walk along them toe by toe. Make it more challenging by making the line curved, into a zig-zag, much longer</p>	
<p>Medium</p>	<p><u>Leg up catch</u> Throwing and catching a ball with your partner from a half kneeling position. Swap legs. Try ten throws without dropping the ball.</p>	
<p>Medium</p>	<p><u>Stepping stones</u> Place a variety of bean bags/small spots on the floor. Ask the pupil to step between them without touching the floor. Gradually increase distance between the spots/bags.</p>	
<p>Medium</p>	<p><u>Balance walking 2</u> Walk forwards, backwards, sideways on toes. Walk forwards to the end, backwards to the start, and repeat.</p> <p>Walk forwards to the middle, turn around and walk back to start. Repeat using a bench, then bench with bean bags on it, then bench with skipping ropes on the bench</p>	

	etc.	
Medium	<p><u>Animal statues</u></p> <p>When the music stops, ask the student to hold their position as:</p> <ul style="list-style-type: none"> • Lion - on hands and knees stalking • Crab - walking on hands and feet with tummy to the ceiling • Frog jumping • Rabbit - bunny hops • Kangaroo 	
Medium	<p>Grip a large soft ball between your knees and ask student to follow a simple path without toppling over. Gradually decrease the size of the ball and increase the complexity of the route the student is asked to follow. Jump with ball between the students knees.</p>	
Medium	<p><u>Squash ball</u></p> <p>Stand with one foot on a soft ball, throw and catch ball with a partner without losing your balance.</p>	
Medium	<p><u>Saved!</u></p> <p>Roll a ball towards the student, and ask the student to stop the ball with one foot.</p> <p>For added fun you could play this game in a goal and record how many goals you can get past the student.</p>	
Medium	<p><u>Bean bag reach</u></p> <p>Ask student to move into a high kneeling position, place bean bags around the student and ask them to reach for the bags and drop into a bucket.</p> <p>Time the activity to see if the student can beat their score.</p> <p>Increase the distance the bean bags are away from the student.</p> <p>Repeat with the student in Half kneeling</p>	
Medium	<p><u>Assault course</u></p> <p>Ask the pupil to follow an obstacle course around the room. Place increasingly larger obstacles for pupils to climb over.</p> <p>Alternatively using the obstacle course, ask pupils to move around the room without touching the floor.</p>	

<p>Medium</p>	<p><u>Heel-toe - heel-toe</u> Heel to toe walking, one foot in front of the other, trying to stay on a line marked on the floor.</p>	
<p>Medium</p>	<p><u>Follow the path</u> Make a pathway to follow</p> <ul style="list-style-type: none"> - straight pathway - curved pathway - zig-zag pathway - variety of pathways 	
<p>Medium</p>	<p>Ask students to walk forwards, backwards and sideways on toes. Repeat but make more complex by asking them to change direction in the middle, turn around.</p>	

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