

Balance Routine

Equipment: None

How to Play: Practise and explore making different balances, e.g. balancing on one foot, balancing whilst both feet and one hand touches the floor and balancing whilst both hands and one foot touches the floor. You could even give each of your balances a different name and play a game similar to the traffic lights game you played a couple of weeks ago.

Challenge: Put on some music and link three or four balances together in a short routine. Perhaps you could add in a roll too, e.g. a pencil roll or a forward roll.

Cups and Saucers

Equipment: Cones or plastic bowls.



How to Play: Spread out the cones/bowls in the play space (half the correct way up so they look like saucers and the other half upside down so they look like cups). Allocate your two teams – one team to turn the cones to look like saucers and the other team to turn the cones to look like cups. Set a timer for a few minutes and let the two teams compete. Remind everyone to look where they are going so they do not bump into each other. When the timer has finished, count up to see which team has the most.

Tip: If you do not have cones or plastic bowls, you could make circles using card with a different colour on each side. E.g. a blue team and a red team, with each team needing to turn the card over to their team's colour.