



Balance 1.1: Freeze, shapes, leader says

3 - 5 year olds

Introduction (2 - 3 minutes)

Greet the children, introduce yourself, and bring them to the centre of the activity area.

Ask the children to hold hands and form a circle with you, then sit down.

If available, you can use existing circle markings on the floor.

Ask children to sit with their hands on their knees with their eyes looking at you (crisscross-apple-sauce).

Explain any special safety rules for the day.

Explain that when you give a specific signal (e.g. whistle blow), the children must Stop, Look, and Listen.

Explain in 20-30 seconds what you will be doing today and start the first activity.

TIME: 30 minutes

SKILL: Balance

EQUIPMENT:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- Always be consistent with your introductory routine and instructions.
- Always phrase your comments in a positive and constructive way.

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Activity 1: Traffic light (7 - 8 minutes)

- Children pretend to be cars responding to traffic lights and road obstacles that you call out:
 - » *Green: Skipping (or you can specify galloping).*
 - » *Yellow: Jumping or hopping on the spot.*
 - » *Red: Stop and stand on one foot (stork stand).*
 - » *Over the bridge: Walk on a narrow line.*
 - » *Through the tunnel: Find a partner, and take turns making a bridge on your hands and feet (or knees), and partner crawls under.*
 - » *Car wash: Find a partner, and take turns crawling on back through partner's legs.*

Activity 2: Freeze and thaw (7 - 8 minutes)

- Tell the children to walk or slowly jog a short distance behind you.
- When you turn around, children must “freeze” on the spot.
- For extra challenge, children can “freeze” standing on one foot.
- Children who move or fail to stop quickly collect a “thaw” point.
- Who can avoid collecting thaw points?
- Play several rounds. For each round, the leader can change the type of locomotion to skipping, galloping, etc.
- Allow children to take turns as the leader each new round.

TIPS FOR INSTRUCTION

- Remind children of their “space bubble” (see Locomotion 1.1).

CUES

- *High bridge*
- *Low crawl*
- *Stand tall*

TIPS FOR INSTRUCTION

- Choose deserving leaders
- Build confidence in shy leaders
- Praise followers who “freeze” well

CUES

- *Bend knee(s) and “freeze”*
- *Arms out if standing on one foot*

Activity 3: Leader says (7 - 8 minutes)

- Ask the children to follow your instructions and imitate you.
- Say your name followed by "...says".
- Demonstrate the moves for the children so they can imitate you easily.
 - » *Reach up high*
 - » *Touch the ground*
 - » *Grab your shoe while standing on one foot*
 - » *Sit like a butterfly*
 - » *Nose to toes (in butterfly position)*
 - » *Crouch like a frog*
 - » *Sit like a dog*
 - » *Etc.*

Wrap-up (2 minutes)

Ask children to lie on their backs and face upwards.

They can look at the ceiling or keep their eyes closed (some may be afraid of closing their eyes).

Talk about what they learned today and the things they did well.

"I want everybody to think of one good thing they did well today. If your one good thing was _____, you can line up in front of me."

- » *Listening well*
- » *Protecting your space bubble*
- » *Balancing on one leg well*
- » *Etc.*

TIPS FOR INSTRUCTION

- Change postures after every child has achieved or attempted the posture.