



Balance 1.2: Simon says, line statues, balance tag

3 - 5 year olds

Introduction (2 - 3 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Explain in 20-30 seconds what you will be doing today.

Today we will be practicing how to balance.

TIME: 30 minutes

SKILL: Balance

EQUIPMENT: Tape or chalk

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Activity 1: Simon says (5 - 8 minutes)

- When the leader says “*Simon says...*”, children watch what the leader does and then follow the command.
- The leader should hold each balance position with the children for 10-15 seconds before giving another command.
- If the leader does not say “*Simon says...*” before a command, children remain still.
- If a child moves when the leader has not said “*Simon says...*”, the child must quickly sit down and stand up. This saves them from being eliminated.
- Suggestions for commands:
 - » *Wide star (legs wide, arms wide)*
 - » *Narrow star (legs together, arms wide)*
 - » *Reach up high (legs together, hands together reaching up)*
 - » *Reach up very high (on tippy toes)*
 - » *Squat / chair (arms forward, knees bent)*
 - » *Landed airplane (arms out to side, lean forward, front leg bent, back leg stretching straight back with toes touching the ground)*
 - » *Advanced challenge: Stork stand / tree stand (balance on one foot, other foot placed against support leg below knee, arms stretched out at sides at shoulder height)*

Activity 2: Line statues (5 - 8 minutes)

- Children find space on a line in the activity space.
- Lines can be court markings, floor seams, wood slats, ribbons, strings, or ropes.
- Tape (indoor) or chalk (outdoor) can also be used to create lines in activity space.
- Leader explains that when the music starts, children are to walk along the line.
- Children walk forward, following the lines on the floor.
- *When the music stops, I want you to freeze like a statue.*
- Allow children to “freeze” for 5-10 seconds before restarting music.

TIPS FOR INSTRUCTION

- Leader can choose child to demonstrate a balance position for others to copy.
- Praise children for staying balanced.

CUES

- *Head up*
- *Look forward*
- *Hold yourself steady*

TIPS FOR INSTRUCTION

- Remind children of their “space bubble”.
- Encourage children to freeze in positions that were demonstrated in Activity 1.
- Praise children for making “great statues!”

Activity 3: Balance tag (10 minutes)

- Children spread out around activity space.
- Leader explains that they are playing tag and the leader is “it”.
- *To be “safe” you must freeze and balance in a “wide star” position.*
- *If you get tagged before freezing, you must hop on one foot 5 times before rejoining the game.*
- The leader will progress by asking the children to freeze in different positions, ultimately finishing with a stork stand (most challenging).
- Once children understand the game, leader can pick a child to be “it”.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Talk about things the group did well.

TIPS FOR INSTRUCTION

- Demonstrate the positions to children.
- Remind children of their “space bubble”.