



Balance 1.4: Simon says, one-foot hot potato, follow the leader

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.

What can you do to help your body balance?

TIME: 30 minutes

SKILL: Balance

EQUIPMENT: bean bags, mats

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Activity 1: Simon says “animal balance” (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 does not say “*Simon says...*”, the child must stand up quickly and chase their tail once around before resuming the activity.
- Suggestions for animal commands:
 - » *Star fish up (on back with hands, head, and feet in the air)*
 - » *Star fish down (face down, hands and feet spread wide with hips in the air)*
 - » *Crab position*
 - » *Three-legged crab (lift either hand or foot for 5 seconds at a time)*
 - » *Dog pointing (on all fours, pointing with either leg or arm)*
 - » *Frog pose (hands and feet flat on the ground, squatting low)*
 - » *Downward dog (yoga posture)*
 - » *Upward dog / cobra (yoga posture)*

Activity 2: One-foot hot potato (5 - 8 minutes)

- Leader uses cones to create a “square” in the centre of the activity space.
- Children spread out inside square.
- Leader chooses 1 or 2 children to be “it”.
- Leader explains that they will be playing “one-foot hot potato”.
- *Everyone must hop on one foot inside the square.*
- Children who are “it” have a bean bag (hot potato) and must try to tag others.
- When a child is tagged, they are given the bean bag from the person who was “it” and they become “it”.

TIPS FOR INSTRUCTION

- Leader can choose a child to demonstrate an animal for others to copy.
- Allow the children to be creative and have fun.

TIPS FOR INSTRUCTION

- The square should not be too large.
- Allow for the hot potato to be passed several times.

Activity 3: Follow the leader (8 - 10 minutes)

- Leader spreads out several mats around activity space.
- Leader's mat should be placed so all children can see the leader.
- Leader organizes 2 children per mat.
- Leader demonstrates a balance position, and the children must copy the leader.
- Encourage children to hold balance for 5-10 seconds.
- Be creative with balance positions (shapes should be wide or narrow, and adjust the level of difficulty – low, medium, high).
- Suggested balance positions:
 - » *balance on right or left foot, arms parallel to floor like wings*
 - » *balance on right or left foot, arms reaching way up high*
 - » *sitting on bottom, hands held behind back, feet off the mat*
 - » *facing down, one knee and two hands on mat*
 - » *pose like a ballerina, Superman, tennis player, etc.*

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

- Allow time at end of activity for children to try their own shapes and balances.

CUES

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