



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## Balance 2.1: Balance ball pass

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Balance

**EQUIPMENT:** soft balls, music, pictures of balances

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

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

*When would you need to have good balance?*

## Warm-up: One foot hot potato tag (5 minutes)

- Leader chooses 2 children to be “it”.
- Children who are “it” each have a bean bag or foam ball and must tag the other children by touching them with the bean bag or ball.
- All children must move around activity space by hopping on one foot.
- When a child is tagged, they are given the bean bag/foam ball and they are now “it”.
- Leader uses cones to mark off one corner of the activity space as a “safe zone”.
- Children can go to the safe zone for a 10 second rest then must join back in.
- Leader should specify how many children can be in the safe zone at once (e.g. *Only 4 people are allowed in the safe zone at a time.*).

## Demonstration: Static balance (3 - 5 minutes)

- Leader demonstrates the following static balances (hold balance for 5-10 seconds):
  - » *Stork stand: balance on one foot, place other foot against support leg at or above knee, stretch arms out.*
  - » *Downward facing dog: palms and feet flat on floor, stomach facing floor, push bum up to form a bridge, arms and legs are straight, head hanging down between arms.*
  - » *Upward facing dog: lie face down, hands beside shoulders, palms on floor, press up with arms, lift head and torso as high as possible, elbows close to body, hips on floor.*
  - » *Dolphin pose: same as downward dog, but balance on elbows instead of hands.*
  - » *Airplane pose: stand with arms out to sides at shoulder height, lean forward, front leg bent, back leg straight with toes touching the ground.*

## Practice: Static balance (5 minutes)

- Leader tapes pictures of balances from demonstration around the walls of the activity space and a sheet with “your own balance” printed on it.
- Leader divides children into six groups.
- Each group starts at one station and practices that balance.
- Rotate to next station every 30-60 seconds.
- Leader should encourage children to hold balance for 5-10 seconds.

### TIPS FOR INSTRUCTION

- Play soft music while children are practicing.
- Praise children for their efforts.
- Encourage children to invent their own balance.
- Encourage children to hold balance as long as possible.

### CUES

- *Head up*
- *Eyes looking forward*
- *Hold pose 5-10 seconds*
- *Body still and tight*

## Game: Balance ball pass (10 minutes)

- Leader divides children into groups of 4 or 5.
- Groups spread out around activity space and each group makes a circle.
- Each group has a soft ball.
- Leader explains that they will call out a balance and then begin the music.
- *When the music is playing, I want you to hold the balance I call out and try to pass the ball around the circle.*
- *Count how many times you can pass without anyone dropping the ball or losing their balance.*
- Repeat activity calling out different balances that were practiced.
- Circles can be made smaller or larger to create more or less challenge.

## Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

*What did you do to hold your balance longer?*

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.