



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Balance 1.2: Balance tag

3 - 5 year olds

TIME: 30 minutes

SKILLS: Balance, agility, flexibility

EQUIPMENT: Items to create an obstacle course (benches, cushions, tunnels, rope, etc.)

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

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

Explain any special safety rules for the session.

Warm-up: Obstacle Course (5 - 6 minutes)

- Set up an obstacle course for the children before your activity session.
- Use chairs and tunnels to crawl under and through, wooden benches and lengths of rope to walk across with balance, cushions to leap over, etc.
- You can also have distances marked with cones or poly spots where the children must cross the distance using a particular locomotion pattern (e.g. jumping, hopping, skipping).
- Before the children go through the course, you should demonstrate by going through once.
- When the children pass through the course, you should be ready to “coach” them through sections if they forget what to do.

Activity 1: Simon Says Balance (6 - 8 minutes)

- Ask the children to follow your instructions and imitate you.
- Explain that you will say “*Simon says...*” or your name followed by “*...says...*”.
- Explain that if you do not say your name or “*Simon says...*” before a command, the children should remain still.
- If a child moves when you have not said your name or “*Simon says...*”, the child must quickly sit down and stand up. (They do this instead of being eliminated.)
- Demonstrate and hold each pose so the children can watch and imitate you:
 - » Reach up high
 - » Make a wide star (legs wide, arms wide)
 - » Make a narrow star (legs together, arms wide)
 - » Touch the ground
 - » Stand on one foot, then grab and lift your other foot
 - » Squat down like a frog
 - » Sit up on your knees like a puppy, hands in front
 - » Sit down with knees up, then drop your knees wide, feet together (butterfly)
 - » Sit in butterfly position, and then try to touch your nose to your toes
 - » Lay down in Superman pose (lay on your belly, reach arms forwards, reach legs backwards, and then lift head, arms, and legs off the ground just a little bit)
- Add other poses you know, or invent new ones

TIPS FOR INSTRUCTION

- Try to get the children to hold each balance position for at least 8-10 seconds before moving to a new posture.
- Change postures after every child has achieved the posture or made a good attempt.

CUES

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

Activity 2: Balance Tag (8 - 10 minutes)

- Ensure you have a large enough space to play tag (indoor or outdoor).
- Ask the children to spread out around the activity space.
- Explain that the group is playing tag and you (the leader) are “it”.
- Explain that children can make themselves “safe” by freezing in a balance pose whenever the “it” person gets close to tagging them.
- Name the balance pose and demonstrate it before you play each round.
- If children are tagged before freezing, they must hop on one foot 5 times to rejoin the game.

TIPS FOR INSTRUCTION

- Progress the activity every 1-2 minutes by naming a new “safe” pose.
- Once children understand the game, leader can try picking a child to be “it”.

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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