



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

## **Balance 1.4: One foot hot potato**

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Balance, jump, hop

**EQUIPMENT:** Bean bags, mats, skipping rope, masking tape, or an existing floor marking

### **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: River Bank (5 - 6 minutes)

- Create a straight line on the floor using a skipping rope, masking tape, or an existing floor marking.
- One side of the line is the “river”, and the other side is the river “bank”.
- All the children start on the “bank” side of the line with the leader.
- When the leader says “river”, everyone jumps two-footed to the other side.
- When the leader says “bank”, everyone jumps two-footed back again.
- Continue like this for a short while, then mix up the instructions by saying “bank” when the children are already on the bank, and river when the children are already on the river.
- See how many children jump, and share a laugh with everyone!
- Don’t eliminate any children—simply ask the ones who jumped at the wrong time to go back to the correct side, and then continue playing.

## Activity 1: Mirror Mirror (8 - 10 minutes)

- Either indoors or outdoors, ask the children to form a large semi-circle around you.
- Face the children so they can see you and you can see them.
- Without leaving your spot, ask the children to imitate you as you demonstrate different movements:
  - » Hopping
  - » Jumping
  - » Bending
  - » Swaying
  - » Spinning
  - » Skipping
  - » Running
  - » balancing on the spot (try different balance poses)

### TIPS FOR INSTRUCTION

- Develop leadership skills by asking different children to take turns leading the group (one minute each).

### CUES

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

## Activity 2: One-Foot Hot Potato (6 - 7 minutes)

- Use cones to create a “square” in the centre of the activity space.
- Ask the children to spread out inside the square.
- Choose 1 or 2 children to be “it”.
- Explain to the children 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

- The square should not be too large.
- Allow for the hot potato to be passed several times.
- Ask the children to switch hopping feet every 30-40 seconds, so they don't become too fatigued, and they also develop both legs for hopping.

## 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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