



Get Set 4 P.E.

Balance

What you need: A little space so tuck your chairs in.

How to play:

- Pupils stand and practise balancing on one foot and then the other foot.
- Hold each for 30 seconds.
- Rest and repeat, this time trying with their eyes shut x 3 on each foot.
- Explore standing on one foot and reaching to the floor.

Top tip: squeeze your abdominal muscles and focus on something still to balance.

