Foundation PE (Reception) - Balancing

Home Learning Challenge Sheet

At school we are learning to balance well. Please help me at home. The following activities will help us to become good at balancing.

Activities to Support Learning

Balance that Balloon
Try to balance a balloon on different body parts e.g. your head, hand, foot, shoulder, arm. How many seconds can you keep that balloon balanced for?

How Long Can You Last?
Ask someone to time you while you balance on different body parts e.g. one foot, one knee, one hand or one foot. See how long you can balance for before you start to wobble.

Balancing Bridges
Ask someone to help you make different types of bridges; you can do this by leaning against one another or a solid surface. For example, put the palms of your hands together and lean towards one another; stand back-to-back and slowly move your feet out to make a bridge beneath you; or put the palms of your hands against a wall and walk your feet out - can you make a bridge so low that no one can get under?

Can't Push Me Over
Create a balance e.g. stand on one leg or sit on your bottom with your arms and legs off the floor. Ask someone to try to gently push you over - can you remain balanced? Try again with different types of balances.

How to Balance:

1. Make sure you are looking forward.
2. Look at a fixed point in front of you.
3. Make sure you are holding your body in a strong position.
4. Make sure you are balancing on a flat surface.
5. Try to hold your balance for about 5 seconds.



You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your balancing skills!