

Balance Twister

Age:	3 - 10 Year olds
Participants:	1 - 20
Time:	5 Minutes
Equipment:	Flat markers or hoops (different colours)

Skill(s):



Balancing

Set Up:

- Place coloured flat markers in a grid arrangement 4 x 4 or larger with approximately 30cm between each marker (set-up a number of grids if you have a large group)
- Children begin by standing around the outside of the grid



Description:

Children move around without touching markers using different locomotor commands such as hopping, jumping etc.

When the coach blows the whistle, children freeze

Coach then calls out specific directions:

- Put one hand on a red marker
- Stand with one foot on a yellow marker
- Jump over a blue marker
- Place two hands and a foot on different coloured markers
- Balance on 1 arm and 1 leg on a green marker
- Make a bridge only touching yellow markers
- Balance on your bottom only on a red marker

Variations:

- If children know their left and right, you can play this more like a game of twister e.g. place left hand on red, right foot on red. You could make your own twister spinner
- Keep going until everyone is twisted up and then have the children gallop around the area until you start again
- Incorporate partner balances e.g. 4 feet all on a blue marker

Teaching Points:

- Keep body still and tight
- Head and eyes look ahead

