



Activity Information



Age: Kindergarten / Pre-school, Foundation, Year 1, Year 2, Year 3, Year 4



Participants: 1 +



Equipment: Markers



Duration: 5 minutes

Build strength and confidence with Balance Twister! Children twist and tangle their way into different poses and balances. Good for smaller group sizes.

Skill focus:

Explore these skills for teaching tips

Balancing

Balance Twister



Set Up:

Scatter coloured flat markers. This can be done in a grid style, similar to the original Twister, or randomly and over a larger area if you have a bigger group. Children begin by forming a circle around the markers.



How to play:

Step 1:

- Children move around the markers in a clockwise direction, using different locomotor skills as called out by the educator (e.g skip, gallop, jump)

Step 2:

- When the educator blows the whistle, children freeze
- The educator then calls out specific instructions, for example:
 - 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

Step 3:

- Once all children have completed the instruction, they are free to continue moving around the circle using a new locomotor skill

Physical Literacy Tips:

- Give children a chance to call out instructions
- Use music! When the music stops, children freeze and then complete an instruction
- Have a kids' choice instruction, for example, "Party pose!" = children do any pose they like using as many markers as they like

Variations:

Make it easier

- Set up the markers close to each other so children can easily reach neighbouring markers

Make it harder

- Spread the markers out so children must stretch to reach neighbouring markers
- Call out a sequence of two (or more!) instructions the children must complete one after the other