

Warm Up:

1. Reach up as high as you can and touch the sky.
2. Jog on the spot.
3. Curl up as small as you can like a hedgehog.



If you have another person to help, let someone call the numbers out in any order and you perform the action.

Equipment:

* A ball, rolled up sock, fruit, tin, plastic mug. Something that doesn't break.



Activity:

The challenge is to move around a room or outside space with a ball or round object

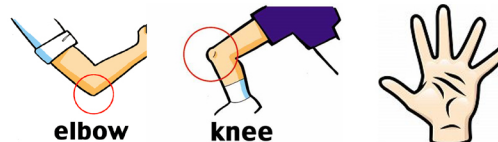
Can you do it:

BALANCING the ball/object in different ways e.g.

- On something else (e.g. racket or bat)
- On the back of your hand
- On your head

CARRYING the object in different ways, e.g.

- Between your elbows
- Between your knees
- Between your fingers



PASSING the ball from one person to another so you're both carrying or balancing it differently?

Coaching points: Get steady and get your balance first before moving. Move slowly with control.

Differentiation points:

Hard

Easy

If the task is too challenging: Stand still balancing. Use a bigger ball or object.

If the task is too easy: Set up a little obstacle course.



Cool down:

- Reach up as high as you can.
- Crouch down, curl up and go as small as you can.
- Stretch out on the floor as long as you can.

