



# Skill Card 1

## Teach kids to Balance (on one foot)

Balance is an essential part of almost all movement skills. Balance on one foot is an important skill that is used in gymnastics, dance, diving and many team sports.

### What to look for:

- Support leg still, foot flat on the ground
- Non-support leg bent, not touching the support leg
- Head stable, eyes focused forward
- Trunk stable and upright
- No excessive arm movements





# GAMES CARD 1

## Fun Balancing Games

**Monument** (♣♠) – try balancing on low structures like a chair (variations with different legs, one eye, both eyes closed), see how long you can last. Introduce themes like pose as an animal (bear, lizard, kangaroo, chicken) or a sport (hockey, rugby, javelin etc.)

**Statuses** (♣♠♣♠) – play music and dance or nominate movement like walk, skip, hop. When music stops freeze on one foot. You can nominate a spot to get to and freeze eg. on the chair, on the step, on the retaining wall.

**Home Circuit** (♣♠♠) – Include a one legged balance for a count of 10 in a circuit of activities to do around the lounge room or backyard eg. 10 push-ups on knees, 10 star jumps, 10 arm lifts above head with can of baked beans in each hand, 10 secs running on the spot, 10 sec static balance. Write each activity on a piece of paper and place around (you can add a travelling activity like skipping between stations). Time each circuit and maybe challenge friends or family.

**KEY:** ♣ = can be played by one person, ♠ = needs more than 1 player,  
♣ = some equipment needed, • = organisation required,  
♠ = can be played inside