

YEAR	Learning Objectives	Equipment/Timing	Activity
Reception, Year 1, and Year 2	<p>Balancing/Challenges</p> <p>Objectives</p> <ul style="list-style-type: none"> - Can you balance an object on your head - Can you move around while balancing an object on your head - Enjoy and have fun! <p>Extra Challenge:</p> <p><u>Equipment:</u></p> <ul style="list-style-type: none"> - As many socks, bean bags and object as you can find. - <p>Start with your objects next to you and a bucket/ hoop or pan about 3 metres away. One at a time can you transfer your objects to your bucket by balancing them on your head, carefully moving and then dropping them in. This needs to be done without using your hands!</p> <p>See how many objects you can get into the bucket in 30 seconds. Have 3 goes at it and try and beat your score.</p>	<p>Something to balance on your head. Socks, bean bags or anything soft that won't break.</p> <p>Space to move around safely.</p> <p>Approx. 25 minutes</p>	<p>Warm up – 30 second challenge – can you do 20 star jumps in 30 seconds?</p> <p>Make sure any equipment needed is gathered before you start!</p> <ol style="list-style-type: none"> 1- Balancing an object on your head/shoulder- Using a soft object or socks practice balancing it on your head without dropping it. Count how many seconds you can balance the object on your head without dropping it. Have 3 more goes to try and beat your score! Can you beat 15 seconds? Try your best at the activity. 2- Sitting down to standing up with an object balanced on your head/shoulder – Start sitting down and balance an object on your head. Can you stand up without the object falling off? See how many times you can repeat the process without your object falling off. Try your best at the activity. 3- Moving with an object balanced on your head/shoulder – Try moving around in a small space while keeping the object balanced on your head. Can you walk around in a circle? Can you beat 10 seconds? Try your best at the activity.

<p style="text-align: center;"><u>Year 3/4</u></p>	<p>Balancing/Challenges</p> <p>Objectives</p> <ul style="list-style-type: none"> - To balance an object on your head. - Can you balance an object on your head while moving. - To be able to balance an object on different parts of the body. <p><u>Extra Challenge:</u></p> <p><u>Equipment:</u></p> <ul style="list-style-type: none"> - As many socks, bean bags and object as you can find. - <p>Start with your objects next to you and a bucket/ hoop or pan about 3 metres away. One at a time can you transfer your objects to your bucket by balancing them on your head, carefully moving and then dropping them in. This needs to be done without using your hands!</p> <p>See how many objects you can get into the bucket in 30 seconds. Have 3 goes at it and try and beat your score.</p>	<p>Something to balance on your head. Socks, bean bags or anything soft that won't break.</p> <p>Space to move around safely.</p> <p>Approx. 30 minutes</p>	<p>Warm up – 30 second challenge – can you do 15 star jumps and 5 sit-ups in 30 seconds?</p> <ol style="list-style-type: none"> 1 Balancing an object on your head/shoulder - Using a soft object or socks practice balancing it on your head without dropping it. Then count how many seconds you can balance the object on your head without dropping it. Have 3 more goes to try and beat your score! Can you beat 15 seconds? To make it more challenging, can you close your eyes? 2 Sitting down to standing up with an object balanced on your head/shoulder – Start sitting down and balance an object on your head or shoulder. Can you stand up without the object falling off? See how many times you can repeat the process without your object falling off. Can you do it in 10 seconds? Try and progress to sitting back down again. 3 Moving with an object balanced on your head/shoulder – Try moving around in a small space while keeping the object balanced on your head. Can you walk around in a circle? Count how many seconds you can balance your object on your head for. Can you beat 10 seconds? To make it easier you can use your arms to balance. 4 Balancing objects on different body parts- Try and balance your object on different parts of your body. For example, your elbow or your foot. See if you can come up with
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			<p>your own ideas as well. Count how many different body parts you balance your object on for 10 seconds or more? Can you balance your object on 3 different body parts? Be as creative as you can!</p>
<p>Year 5/6</p>	<p>Balancing/Challenges</p> <p>Objectives</p> <ul style="list-style-type: none"> - To balance an object on your head. - To be able to move around while balancing an object on your head. - To be able to balance your object on different parts of the body. - Can you balance your object on your head while balancing on one leg? <p>Extra Challenge:</p> <p><u>Equipment:</u></p> <ul style="list-style-type: none"> - As many socks, bean bags and object as you can find. - <p>Start with your objects next to you and a bucket/ hoop or pan about 3 metres away. One at a time can you transfer your objects to your bucket by balancing them on your head, carefully moving and then dropping them in. This needs to be done without using your hands!</p>	<p>Something to balance on your head. Socks, bean bags or anything soft that won't break.</p> <p>Space to move around safely.</p> <p>Approx. 35 minutes</p>	<p>Warm up – 30 second challenge – can you do 10 star jumps, 5 sit-ups and 5 toe touch and jumps in 30 seconds?</p> <ol style="list-style-type: none"> 1- Balancing an object on your head/shoulder - Using a soft object or socks practice balancing it on your head without dropping it. Then count how many seconds you can balance the object on your head without dropping it. Have 3 more goes to try and beat your score! Can you beat 15 seconds? To simplify use a easier object to balance. 2- Sitting down to standing up with an object balanced on your head/shoulder – Start sitting down and balance an object on your head. Can you stand up without the object falling off? See how many times you can repeat the process without your object falling off. Can you repeat this multiple times to make it more challenging. 3- Moving with an object balanced on your head/shoulder – Try moving around in a small space while keeping the object balanced on your head. Can you walk around

	<p>See how many objects you can get into the bucket in 30 seconds. Have 3 goes at it and try and beat your score.</p>		<p>in a circle? <i>Can you beat 10 seconds?</i> Can you make different shapes whilst walking.</p> <p>4- Balancing objects on different body parts- Try and balance your object on different parts of your body. For example, your elbow or your foot. See if you can come up with your own ideas as well. Count how many different body parts you balance your object on for 10 seconds or more? <i>Can you balance your object on 3 different body parts?</i> How long can you balance it for.</p> <p>5- Balancing on one leg – Try standing on one leg for as long and you can. Swap legs and see which leg you can balance on for the longest. Put your arms out to help you balance. <i>Can you Balance on one leg for 5 seconds without dropping your object?</i> You are approaching Ks3 work if you are able to complete this!! WELL DONE.</p>
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