

PE Lesson – Week 5 – Balance Beam

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or space that you can use but could be done at home.</p> <p>Small ball e.g. (golf ball, tennis ball)</p>	<p>Raise heartrate 5 x Star Jumps 10 x High Knees 10 x Heel Flicks 30 seconds – Jog on the spot.</p> <p>Stretches Hold for 8 seconds.</p>	<p>Challenge One Starting with a standing balance, hold your balance for 8 seconds.</p> <p>Challenge Two Try a new balance: can you sit and balance? Can you lie down and balance? Can you think of your own balance?</p> <p>Learning Point: What is a balance? Are you balancing if you fall before 8 seconds?</p> <p>Challenge Three Choose a balance that you are comfortable with and start by placing the ball on a body part that you wish. Try and stay balanced and keep the ball balanced at the same time. Repeat as many times as you can changing the balance and the position of the ball.</p> <p>Learning Point: Where can you balance the ball? How does it become more difficult?</p> <p>Challenge Four Standing in one place, balance yourself and the ball into a position of your choice. Can you add a second ball to your balance? Or a third?</p> <p>Learning Point: How does balancing your body and balancing a ball differ? What is the difference?</p> <p>Challenge Five Using one ball balanced on your body can you move from one position to another without the ball falling off?</p> <p>See videos for help and please send your attempts to your teachers!</p>