

WEEKLY PE CHALLENGE

Can you try balances on different surfaces like...

On a line?

On a bench or big box?

On the sofa or a squishy chair?



Can you think of any sports where good balance is important?

Try making some different shapes whilst balancing – what about letters of the alphabet or numbers? Can you be a tree, a boat or a banana?!

**BRILLIANT
BALANCES!**



Can you balance whilst holding a ball or another object? What about balancing when throwing and catching the object?

Which animals and birds do you know that are good at balancing? Why do you think they do this?

Can you balance on...

1 hand and 1 foot?

1 elbow, 1 foot, 1 knee?

2 knees, 1 elbow?

Create your own combinations!

