



3 hands, 2 feet

Pairs hold hands and run randomly around the room then, on your call, perform a specified balance.



What you need

- > 1 scatter mat per pair or a soft grassed area

What to do

- > On 'GO!', pairs move freely around the room holding hands until they hear your signal.
- > Call out combinations including any of the following: feet, bottom, shoulders, knees, hands, backs, elbows.
- > Players find a mat and assume the position called [e.g. if you call out 'THREE HANDS, TWO FEET!', pairs form a balance with only these number of body parts touching the ground].
- > Players hold their position for a set time [e.g. 10 seconds].
- > Players must always be in contact with one another to maintain balance.

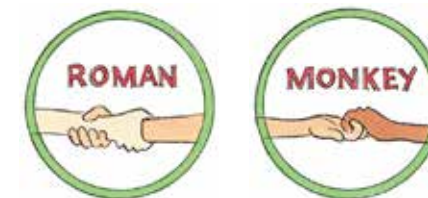


Change It

- > Balance with a partner who is a different size.
- > Introduce equipment (such as hoops, balls and bean bags) that must also be used in the balance.

Safety

- > Make sure players are performing their balance on their mat or soft grass.
- > Do not allow players to use their head as a balance option.
- > Ensure players securely 'brace' one another with appropriate hand grips [e.g. the monkey grip or Roman grip]. These must be firm and strong.



- > Match participants appropriately.
- > Make sure players are controlling their exits from the balance.

Ask the players

- > Is it easier to balance closer to the ground or further away?
- > How many body parts do you need to have in contact with the floor to feel balanced?
- > Can players of different sizes counter-balance?
- > What is flexibility? Which balances require greater flexibility?
- > What made you feel more confident to tackle a specific balance?

LEARNING INTENTION

3 hands, 2 feet extends players' ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as *Mini pyramids* which further develop this skill.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

CONFIDENCE COLLABORATION

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO61