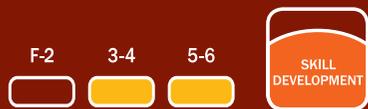




Australian Government
Australian Sports Commission



3 hands, 2 feet

SKILL FOCUS

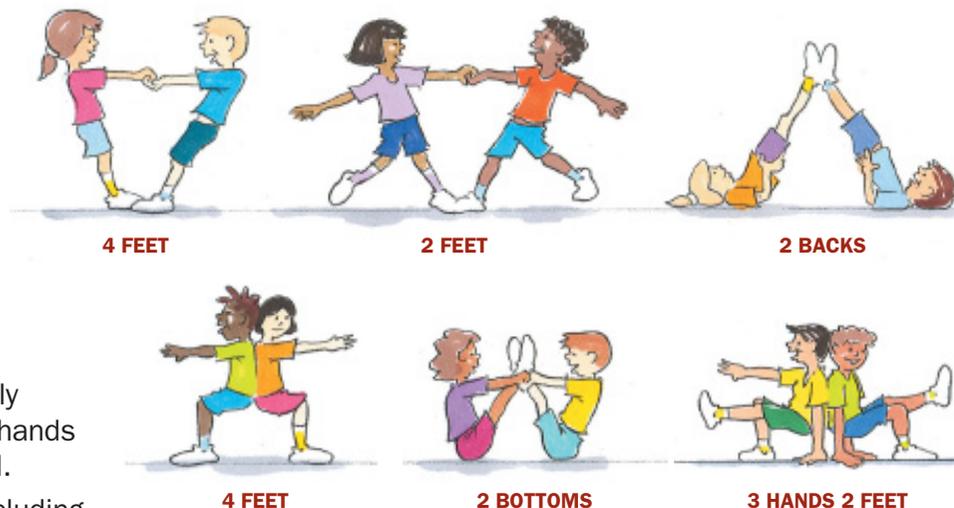
Pairs hold hands and run randomly around the room then, on your call, perform a specified balance.

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.



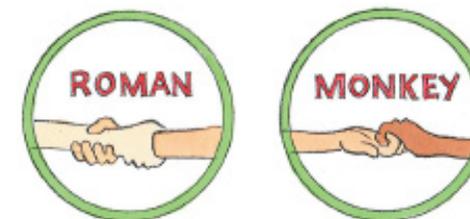
Change It

- > 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?

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.

BALANCING

CONTENT DESCRIPTIONS

ACPMIP043 ACPMIP061