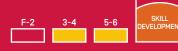# SPORTAUS

F-2 | 3-4 | 5-6

SKILL DEVELOPMENT

Balancing act

Players try balancing different objects to see which shapes are easiest to balance.

Scoring

> How long can you hold a balance for?

What you need

> Various balancing objects, such as balancing poles (made from rolled up newspaper and sticky tape), feathers (easier), shoes, plastic chairs, baseball caps and broom handles (harder)

What to do

> Players balance various objects to see which shapes are easiest to balance.

> Players use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin.

Change it

> Emphasise the need to look out for others (i.e. leave lots of space for balancing activities).

> Players try walking or lying down and getting back up again while trying to balance their object.

> Players 'jump' the balancing object from one body part to another (e.g. one hand to another).

> Players work in pairs to pass balanced objects to each other using the 'jump' method.

> Allow students to explore balance position and equipment used.

Safety

> Check there is enough space between players/groups and that players are away from walls or obstacles.

> When balancing objects on the head, the chin or the forehead are the safest places. Objects balanced on the nose can slip and fall into the eye.

> Players should not run around while balancing objects.

Ask the players

> What objects balance the best, or the worst?

> How could you 'act' to make your balancing act look dangerous and exciting (e.g. pretending that an object is very heavy or very precious and cannot be dropped or broken)?

> What strategies did you use when you found it challenging (e.g. positive self-talk)?

> What can affect your focus in this activity?

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE

COORDINATION

SELF-REGULATION (EMOTIONS)

MOTIVATION

REASONING

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

Balancing act is an introduction to balancing objects, which encourages spatial awareness. It combines well with plate-spinning activities.

ACPMP043

ACPMP061