



Australian Government
Australian Sports Commission



Balancing act

SKILL FOCUS

BALANCING SPACIAL AWARENESS

CONTENT DESCRIPTIONS

ACPMPO43 ACPMP061

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

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.



Scoring

- > How long can you hold a balance for?

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.

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).

LEARNING INTENTION:

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