

Balance Tag

Teaching Points

- Pupils move around the hall using any body schooling walking activity
- A small number of pupils work as shape changers, these pupils agree to work as hard and as fast as they can
- On tagging pupils the shape changer calls a number from 1 to 6 and the tagged pupil must then hold a point balance of that number; for example, if the shape changer calls '4', the tagged pupil must then hold a 4-point balance
- The tagged pupils holds that balance for five seconds when they must begin 'walking' again.

Questions

- How many body schooling walking activities can you name?
- What name can you give to any of your 4-point balances?



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Adapting the activity

Enable

- Practise body schooling walking actions – foxes, scorpions, camels, crabs, caterpillars
- Perform a specific walking activity chosen by teacher/pupils
- Perform a specific numbered point balance and discuss how you could balance using that number of points

Challenge

- Encourage shape changers to set targets for the number of people they are going to tag in a certain time limit
- Encourage pupils to move in all directions
- Try to hold semi-inverted balances with your head below your hips

Health, fitness and well-being

- Strength*
- Core stability
- Body tension*
- Co-ordination

