



Equipment

- Tennis balls

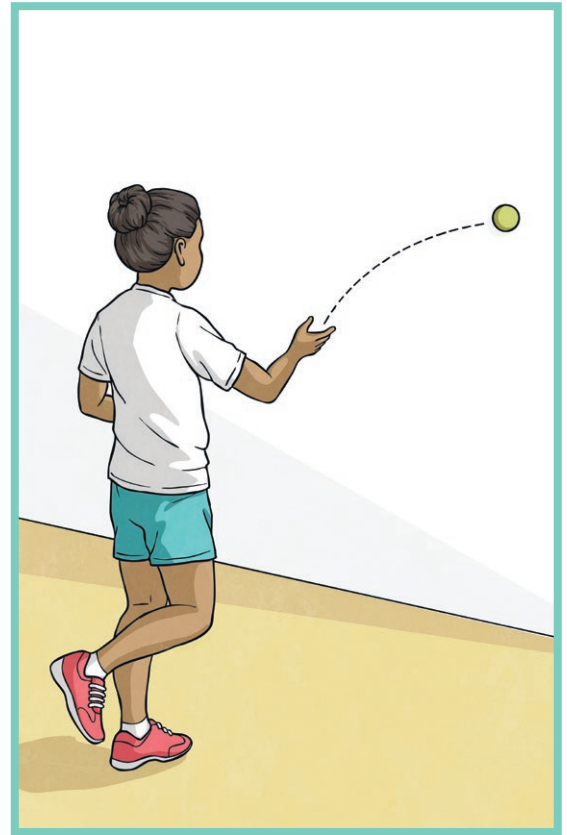
Activity

Throw a tennis ball against the wall and try to catch it while balancing on one leg.

- Stand at varying distances from the wall.
- Let it bounce first or catch the ball without it bouncing.
- Try throwing it with a different amount of force at the wall.

If wall space is limited or unavailable, you can play catch with a partner while balancing on one leg.

Remember to carry out these activities while balancing on both your left and your right leg.



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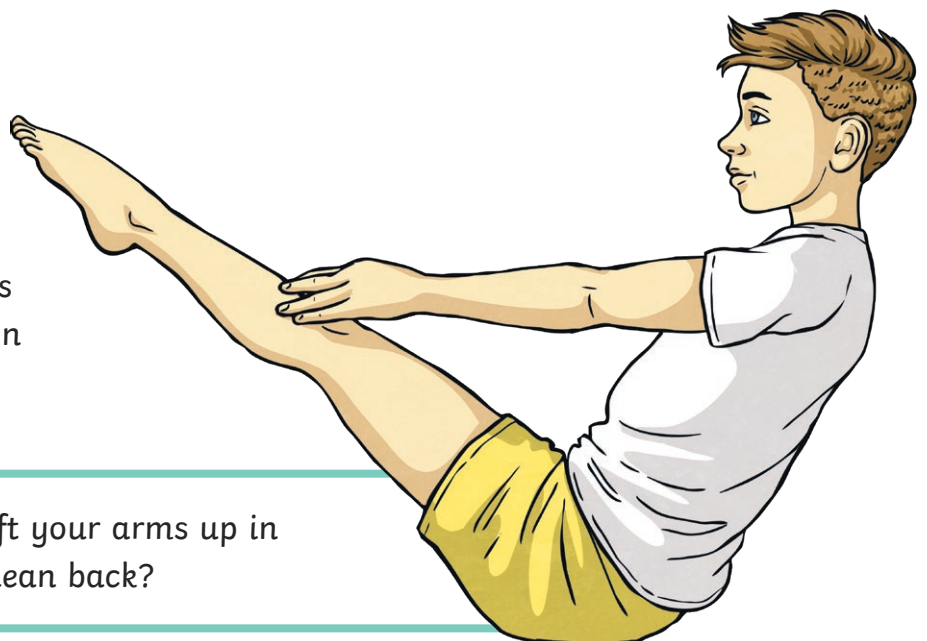


Activity

These balances will help you develop your core strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim to hold each balance for 10 seconds.

V-Sit

- Sit on the ground and stretch your legs out.
- Hold out your arms parallel to your legs.
- Lean back and lift your legs off the ground to balance on your bottom in a V-shape.



Extra Challenge: Can you lift your arms up in line with your body as you lean back?

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Activity

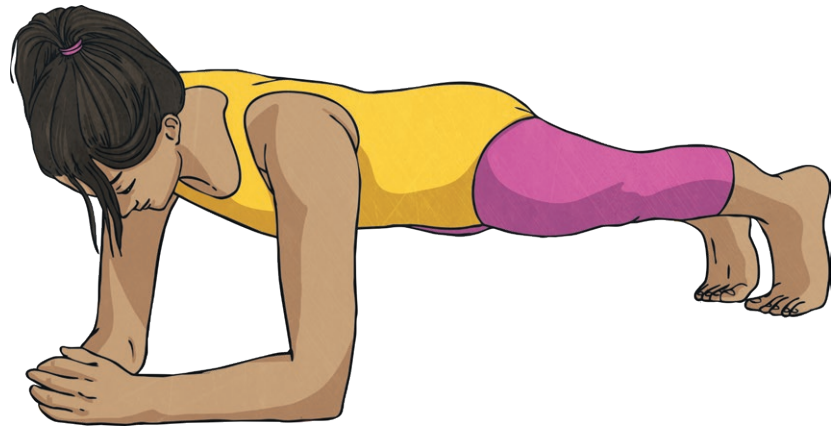
These balances will help you develop your core strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim to hold each balance for 10 seconds.

Plank

- Place your elbows and forearms on the ground with your shoulders directly over your elbows.
- Stretch your legs out behind you and tuck your toes under to balance on the ground.



Extra Challenge: Can you raise one leg off the ground or raise an opposite arm and leg off the ground?



Activity

These balances will help you develop your core strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim to hold each balance for 10 seconds.

D-Balance

- Kneel up high with your legs about hip width apart and your toes tucked under.
- Reach one arm then the other behind you to rest your hands on your heels, keeping your head and neck in line with your body.



Extra Challenge: Can you untuck your toes, so the tops of your feet are flat on the ground?





Activity

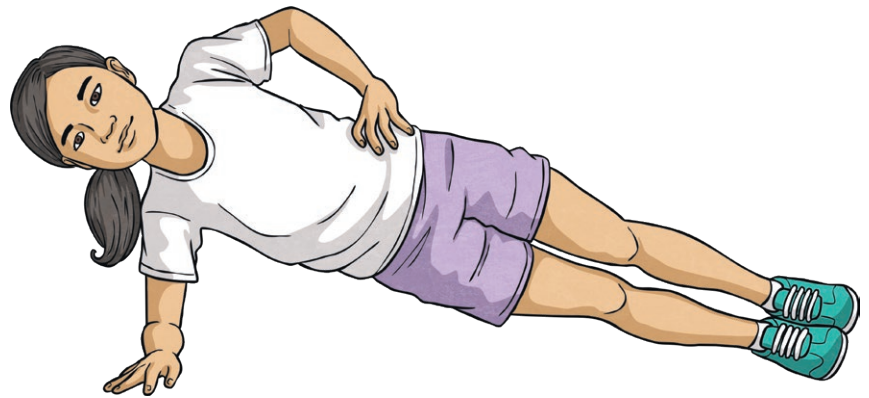
These balances will help you develop your core strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim to hold each balance for 10 seconds.

Side Plank

- From a seated position lean down to one side placing your forearm on the ground with your elbow directly underneath your shoulder.
- Stretch out your legs to the side and stack one foot on top of the other as you lift your hip from the ground.



Extra Challenge: Can you lift your other arm up and over your head, keeping it in line with your body?



Equipment

- Outdoor space
- Chalk for hopscotch grids
- Beanbags



Activity

- Throw an object, such as a beanbag, to land on square number one.
- Rather than hopping in the single squares and jumping in the squares side-by-side, you can only hop in each of the squares to square number 10.
- At square number ten, turn around (remaining on one foot) and hop back in reverse order.
- When you reach the square before the beanbag, lean down, pick it up and continue moving through the grid.
- The next person has their turn, repeating the same actions.
- On your next turn, throw the beanbag into square number two and repeat the process.
- The goal is to complete the course with the beanbag landing on each square.



Activity

These exercises will help you develop your leg (and core) strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim for two sets of six to eight, with a break after each set.

The Squat

- Stand with your feet hip-width apart.
- Bend your knees and hips and lower yourself down as if sitting in a chair behind you.
- Try to get your thighs parallel to the ground
- Contract your bottom muscles as you stand up.

Tip:
If you find this challenging, you can hold onto a chair for support as you squat.



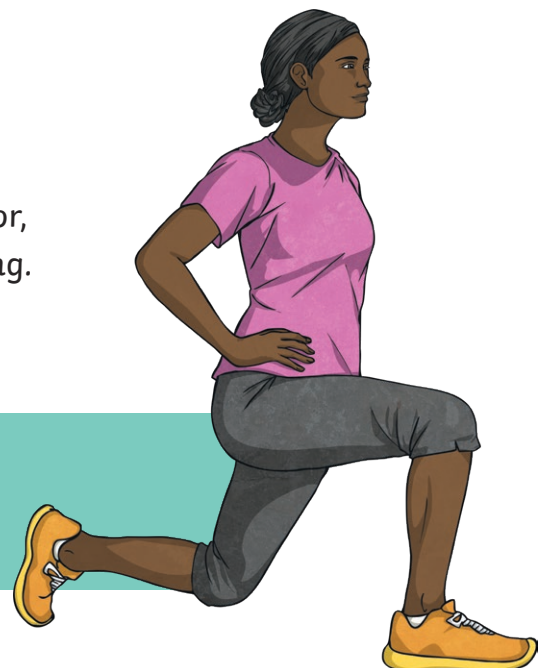
Activity

These balances will help you develop your core strength. Keep your back straight and your belly button pulled in throughout the entire balance. Aim to hold each balance for 10 seconds.

The Lunge

- Stand with your feet hip-width apart.
- Step forward bending your front knee to make a 90° angle, with your back knee just above the floor, then straighten your legs to come back to standing.
- Repeat the movement on the alternate leg.

Tip: You may find it easier to balance with your hands on your hips.





Activity

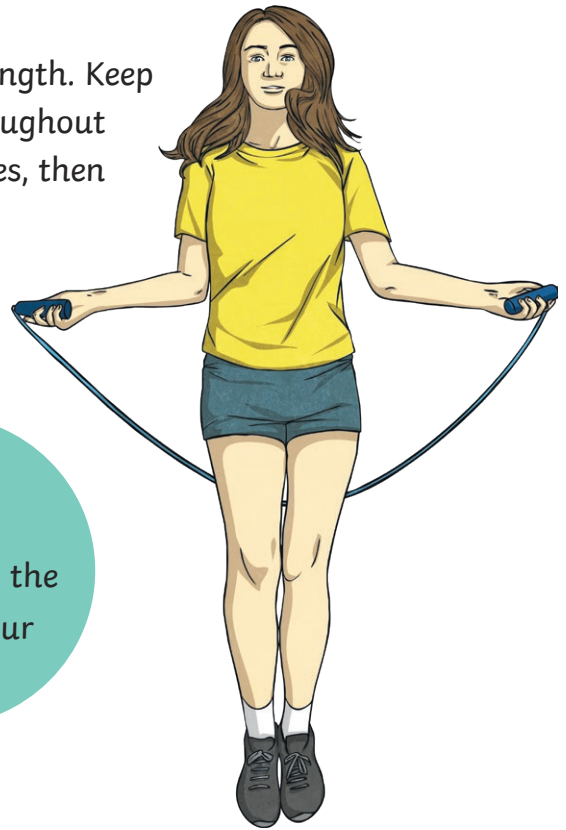
Skipping will help you develop your leg (and core) strength. Keep your back straight and your belly button pulled in throughout the exercises. Aim to skip continuously for three minutes, then have a break and start again.

Skipping

Try these different skipping techniques:

- Two-foot jump - keep the jumping height low and land on both feet.
- Alternate foot jump - alternate your feet, as if you are running on the spot.
- Skipping on the move – skip and travel forwards at the same time.

Tip:
Take-off
and land on the
balls of your
feet.



Activity

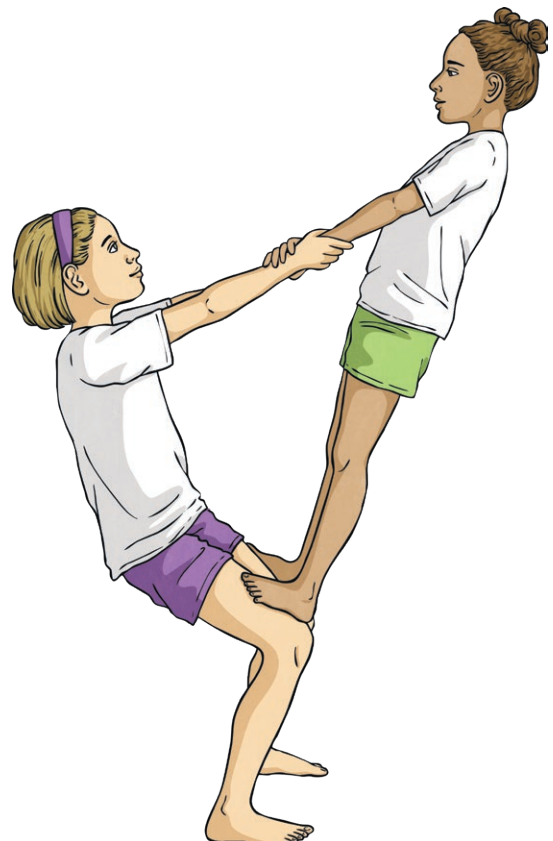
Partner One: Squat down nice and low.

Partner Two: Grasp your partners arms (see pic) and place one foot and then the other to stand on your partner's thighs.



Extra Challenge: Can you both lean back into the balance?

Can you perform the balance facing away from each other?





Activity

Partner One: Lie on the ground. Bend your knees to place your feet on the floor about hip-width apart. Keep your arms together and raise them straight into the air to hold your partner's legs.

Partner Two: Place your hands on your partner's knees. Lift one leg then the other to place your ankles in your partner's hands.

Keep your tummy muscles tight and your back straight to stay in a plank position.



Activity

Stand back-to-back with your partner.

Slowly lower your bodies down into a seated position and then reverse the movement to return to standing. Try repeating the movement on only one leg and then the other.

