



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5–7) – 6 WEEK PROGRAMME

WEEK 4 – BALANCE & COORDINATION



DURATION

45–60 minutes



AGE

5–7 years



FOCUS

Improve static and
dynamic balance
and coordination.



OUTCOMES

- ✓ Improve balance and body control
- ✓ Increase concentration
- ✓ Develop core strength and stability
- ✓ Build confidence

EQUIPMENT



Benches



Beanbags



Balance spots



Cones

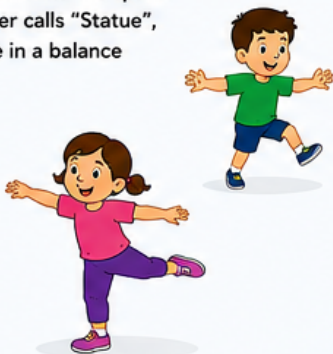
10
MINS

WARM-UP – STATUES

Children move around the space.
When the leader calls “Statue”,
children freeze in a balance
position.

Try different shapes:

- Star
- Tuck
- Superhero
- One leg
- Balance on hands



Encourage children to use their core and
hold their balance.

15
MINS

SKILL ACTIVITY – BALANCE CIRCUIT

Children complete the circuit, trying each balance challenge.

- 1 Walk along a line
heel to toe.
- 2 Stand on one leg
(left and right).
- 3 Beanbag on head
– walk to cone
and back.
- 4 Balance on spots
– two feet to
two feet.
- 5 Walk along bench
(if available).



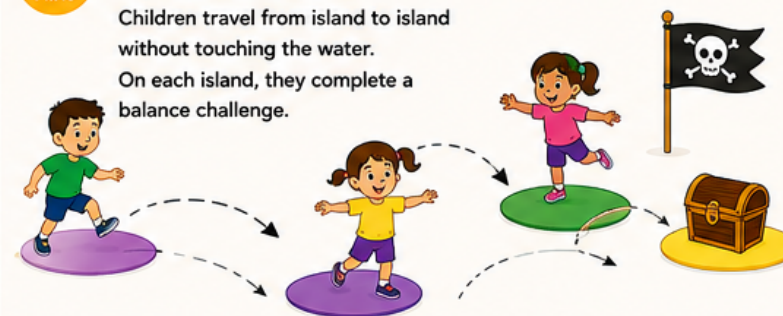
KEY POINTS

- ✓ Look forward
- ✓ Keep your body
tall
- ✓ Use your
arms for
balance
- ✓ Move slowly
and carefully
- ✓ Try your best!

20
MINS

MAIN GAME – PIRATE ISLANDS

The floor is the “sea”.
Children travel from island to island
without touching the water.
On each island, they complete a
balance challenge.



ISLAND CHALLENGES (ideas)

- Stand on one leg and count to 5
- 3 star jumps
- Balance a beanbag on your head
- Do 5 squats

FOCUS POINTS

- ✓ Balance
- ✓ Control
- ✓ Concentration
- ✓ Core strength

5
MINS

COOL DOWN

Gentle stretches and yoga poses
to help our bodies relax.

- Tree pose
- Star pose
- Cat stretch
- Child's pose
- Deep breathing



REFLECTION QUESTIONS

- ? • Which balance challenge was the easiest?
- ? • Which was the hardest?
- ? • How did you keep your balance?
- ? • What helped you stay steady?
- ? • What did you enjoy most today?



DIFFERENTIATION

SUPPORT



- ✓ Use lower equipment
- ✓ Wider lines and bigger spots
- ✓ Reduce time or distance
- ✓ Extra help from a partner
- ✓ Allow extra attempts



CHALLENGE

- ✓ Use narrower lines
- ✓ Add beanbag while balancing
- ✓ Increase distance
- ✓ Add extra balance tasks
- ✓ Complete in a shorter time



HAVE FUN, BE ACTIVE, BE YOUR BEST!



FUN, INCLUSIVE AND PROGRESSIVE – HELPING EVERY CHILD SUCCEED!!

