



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

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

SKILL ACTIVITY – BALANCE CIRCUIT

WEEK
4

SKILL ACTIVITY
BALANCE CIRCUIT



15
MINS



5–7
YEARS



FOCUS: Improve static and dynamic balance and coordination.

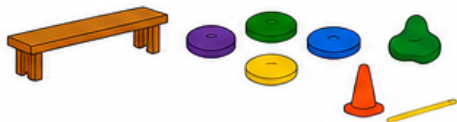


HOW TO PLAY

- 1 Children work around the circuit, completing each balance challenge in order.
- 2 Encourage children to use good technique and keep their balance.
- 3 Take turns or go at the same time, making sure there is space.
- 4 Repeat the circuit, trying to improve each time.
- 5 Celebrate effort and improvement!

EQUIPMENT

- Benches
- Balance spots
- Beanbags
- Cones
- Lines or tape



CIRCUIT STATIONS

1 LINE WALK

Walk along the line
heel to toe.



2 ONE LEG STAND

Stand on one leg
(left and right).



3 BEANBAG HEAD WALK

Place a beanbag on your head.
Walk to the cone and back.



4 BALANCE SPOTS

Step from spot to spot
(two feet to two feet).



5 BENCH WALK

Walk along the bench.
Step off carefully.



MAKE IT FUN!

Can you complete the circuit without wobbling?
Try to beat your best time!



COACHING CUES

- ✓ Look forward.
- ✓ Keep your body tall and steady.
- ✓ Use your arms out for balance.
- ✓ Move slowly and carefully.
- ✓ Place your foot down softly.
- ✓ Concentrate on each challenge.
- ✓ Try your best!

TOP TIP



Good balance
helps us with
lots of things
every day!



MAKE IT EASIER

- Use wider lines
- Use fewer balance spots
- Hold a partner's hand
- Keep beanbag in your hand (not on head)
- Walk next to the bench
- Take extra time



MAKE IT HARDER

- Use narrower lines
- Add more balance spots
- Try without using your arms
- Add a second beanbag or heavier beanbag
- Walk faster
- Add a time challenge



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP



TRY YOUR BEST • ENCOURAGE OTHERS