

Balancing act

Time: 20 minutes

Activity

Individual/partner/group

- Players balance various objects to see which shapes are easiest to balance.
- Players use different body parts to balance the objects, such as palm or back of their hand, or their knee, foot, elbow, chin, or forehead.

Safety

- When balancing objects on the head, the safest places are the chin or the forehead.
- Objects balanced on the nose can slip and fall into the eye.
- Players should not run around while balancing objects.



Equipment

- Various balancing objects, such as:
 - balancing poles (made from rolled up newspaper and sticky tape)
 - feathers (easier)
 - shoes
 - plastic chairs
 - baseball caps
 - broom handles (harder).



Activity variations

- Change the object shape, size or weight.
- Try walking or lying down and getting back up again while trying to balance the object.
- Players 'jump' the balancing object from one body part to another (e.g. one hand to the other).
- Players work in pairs to pass balanced objects to each other using the 'jump' method.
- See who can walk the furthest distance balancing each object.
- Challenge a partner to see who can balance an object for the longest period of time.

Bullseye

Time: 20 minutes

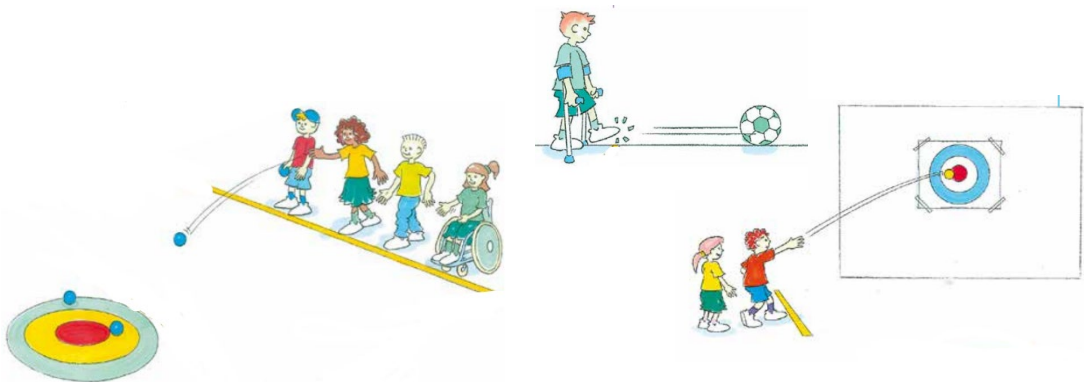
Activity

Individual/partner/group

- Each player rolls or throws their 3 bean bags/balls/objects to the target area.
- After all 3 are thrown, collect and add up the score for that round.
- Repeat for a given number of rounds (e.g. 3 rounds of 3 throws for each player).

Scoring

- Each circle in the target is given a different value, e.g. centre = 5 points, middle = 3 points, outside = 1 point.
- Points are awarded based on where the bean bag/ball/object lands.
- Add 3 throws together to get the total for that round.
- The winner has the highest score after 3 rounds.



Equipment

- Hoops, bins, buckets, or chalk to mark/form 3 concentric circles on the ground as targets.
- Throw-line 3 metres from target (mark with chalk, cones, shoes, towel, rope etc.).
- 3 bean bags, tennis balls, or similar objects per player.

Activity variations

- Add a kicking target to challenge players or to accommodate players who may not be able to throw.
- Increase or decrease the distance from the throw-line to the target.
- If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.
- Vary the method of using the ball (e.g. throw, kick, roll, strike).
- Put a target on a wall instead of the ground.
- Throw/kick with the opposite hand/foot.
- Change ball size / object being thrown or kicked.

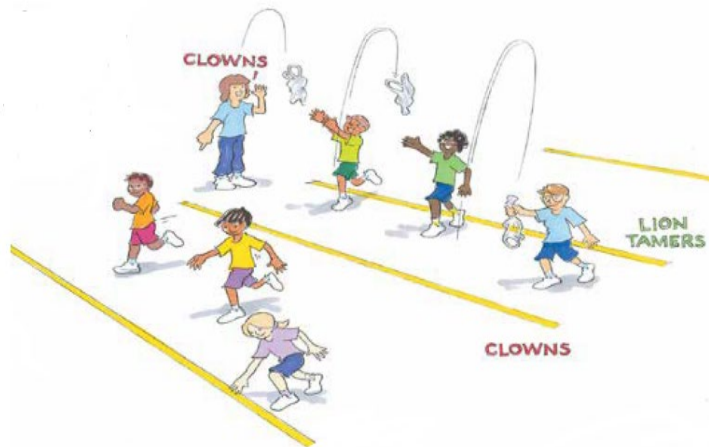
Reach the sky

Time: 20 minutes

Activity

Partner/group

- Set out a line to use as a starting point.
- Set out a second line to be used as the first target.
- Standing behind the starting point, throw an object into the air and aim to reach the second line before the object hits the ground.
- After a successful attempt, move the target line further away to increase the difficulty.



Equipment

- Chalk to draw lines.
- Skipping rope or cones can be used instead of drawing the lines.
- 1 object e.g. scarf, plastic shopping bag (easier), bean bag, juggling balls or juggling rings (harder).

Activity variations

- Arrange players into 2 even lines approximately 2 metres apart facing each other, making sure each player is facing their partner.
- One player in the pair is the clown and the other is the lion tamer. The clown holds the juggling objects.
- When the lion tamer calls "THROW", the clown throws the juggling objects as high as possible into the air and sprints to the opposite line. The lion tamer tries to catch the objects before the clown reaches the line.
- After 3-5 attempts, partners switch roles.