

2 DOUBLE TROUBLE

Years 5&6 / P6&7: Balance

Activity Challenge

- Place 2 cones 3m apart
- Pupil 1 starts on a cone with a racket in each hand and a ball balanced on the strings of each racket
- Pupil 1 moves around the other cone and back to the first cone whilst keeping the balls balanced
- If the ball falls off, Pupil 2 can help by putting it back on the racket strings and Pupil 1 continues from where it fell off
- Pupil 2 counts the number of times Pupil 1 moves around the second cone and back to the first cone (1 lap)

To make it harder

- Move the cones further apart
- Balance 2 balls on each racket

To make it easier

- Balance bean bags instead of balls
- Use 1 racket and ball

Scoring

- How many laps can you do in 1 minute?

If the time ends when you have moved around the second cone but not made it back to the first cone, still count this as a lap. If you have not reached the second cone then this lap does not count.



Equipment:

● 2x Sponge balls

● 2x Cones

● 2x Tennis rackets

