2 STEADY HAND Years 1&2 / P1, 2&3: Balance



Activity Challenge

- Set up 2 cones 4m apart
- · Pupil 1 starts at 1 cone and balances the ball on the palm of their dominant hand
- . Pupil 1 moves around the other cone and back (1 lap) whilst keeping the ball balanced
- . If the ball falls off, replace it and continue from where it fell
- Pupil 2 counts the number of laps completed by Pupil 1

To make it harder

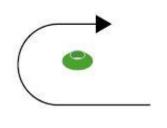
- Use a racket
- · Use the non-dominant hand
- · Alternate the hand used on each lap
- · Make the distance between the cones further

To make it easier

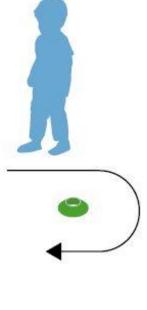
- Use a bean bag instead of a ball
- · Make the distance between the cones shorter

Equipment:

- 1x Sponge ball
- 2x Cones







P2

Scoring

· How many laps can you do in 1 minute?