

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

Scoring

- How many laps can you do in 1 minute?

Equipment:

- 1x Sponge ball
- 2x Cones

