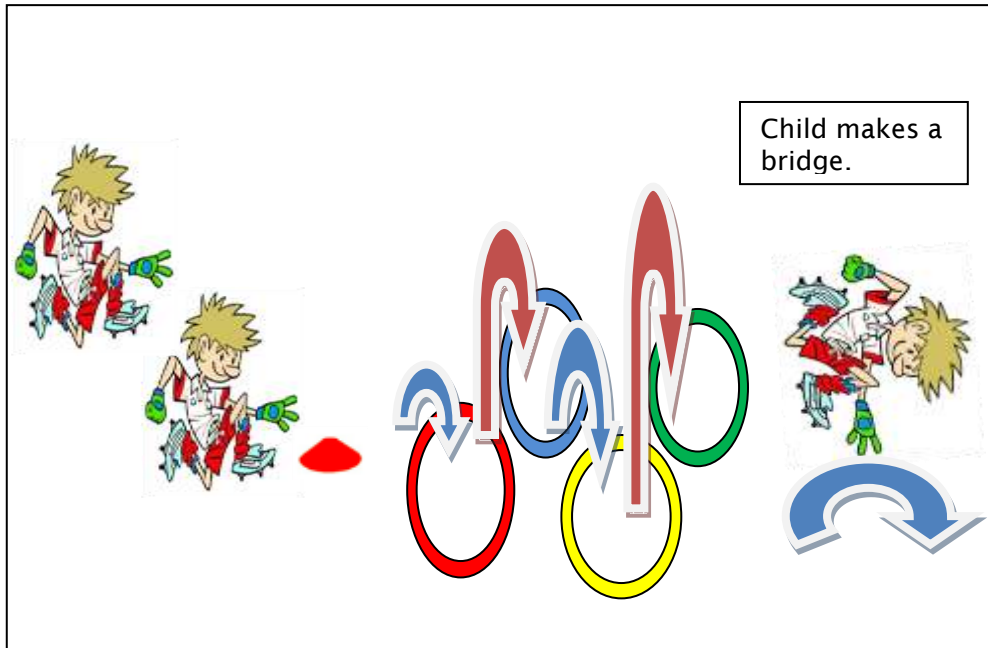


STATION 1: BALANCE

Activity: Stepping Stones



FOCUS

- The focus of this activity is for the children to maintain balance while others bounce from hoop to hoop.

RULES - HOW TO PLAY

- 2/3 Children at red starting cone.
- 1 Child at the end making a bridge with their body.
- 1st child starts bouncing from hoop to hoop with 2 feet together creating a pathway to the bridge.
- After last hoop run to child at the end and pass under the bridge like a river.
- They then make a bridge and let the other child run back to start and join the line.
- Children gain points for successfully bouncing in each hoop and passing under the bridge.



HARDER

- Make distances between hoops larger.
- Make pathway more demanding, add stability discs etc.
- Challenge children to use different body parts to make bridges. (Hands & Feet, Facing down, Facing up)

EASIER

- Reduce distance between hoops.
- Use more simple bridges.

COACHING POINTS

HEAD

- Head up, eyes scanning area looking where to bounce next.

HAND

- Arms out to sides and in front for balance and to prevent falling. Place hands below shoulders for balance.

FEET

- Land on balls of feet with soft bent knees. Keep bottoms over feet on landings.

EQUIPMENT:

- 4 x Small hoops
- 2 x Cotton ropes
- Throw down mats
- Stability discs
- Benches