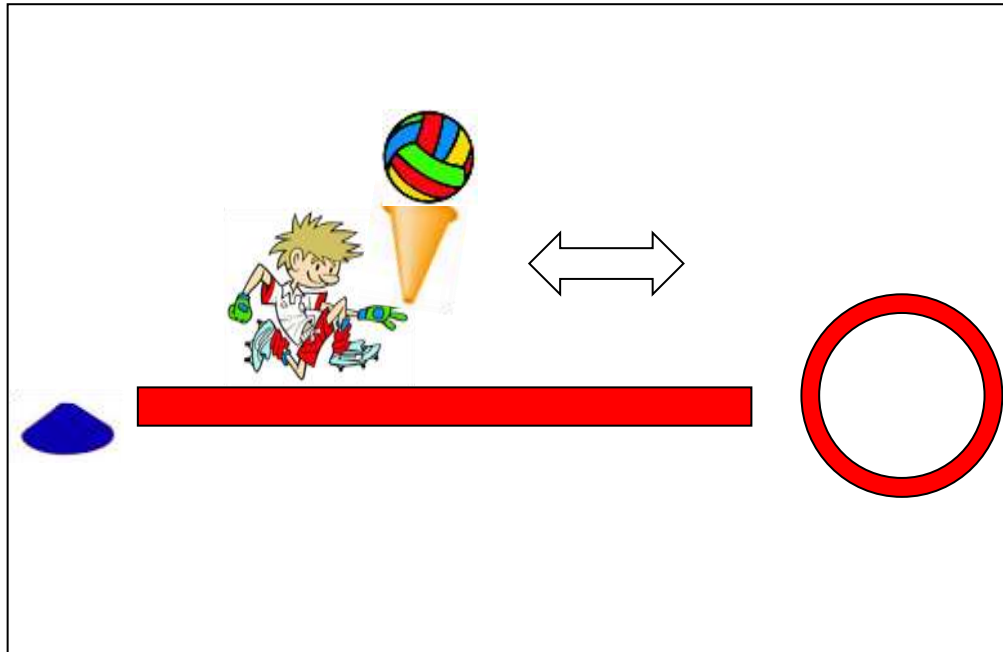


STATION 2: BALANCE

Activity: Ice-Cream Run



FOCUS

- The focus of this activity is to challenge the children to maintain balance while travelling along a straight line while carrying an object.

RULES – HOW TO PLAY

- Children start at the cone.
- They pick up a triangular cone and place a medium sized ball on top of it to make an ice-cream shape.
- Holding the ice-cream using hands, children must walk along the line maintaining balance.
- When they reach the end of the line place ball in hoop and return to start.
- Next child repeats only returning with ball.
- 1 point awarded for completing the station.
- A bonus point for keeping the ball/bean bag balanced.



HARDER

- Challenge children to hold cone in 1 hand while travelling.
- Place a bean bag or quoit on head while travelling.
- Challenge children to travel sideways or back ways on line.

EASIER

- Travel across line without ice-cream, arms out for balance.
- Carry ice-cream travelling starting at one cone and finish at another cone.

COACHING POINTS

HEAD

- Eyes scanning area in which travelling, in order to plan next foot position.

HANDS

- If 1 hand on ice-cream other arm out to side to maintain balance.

FEET

- Place one foot in front of the other and make sure balance is maintained.

EQUIPMENT

- 1 x Skipping Rope / 1 x Piece of chalk (straight line).
- 1 x Medium cone.
- 1 x Medium sized ball.
- 1 x Hoop.
- 1 x Bean bag / quoit.