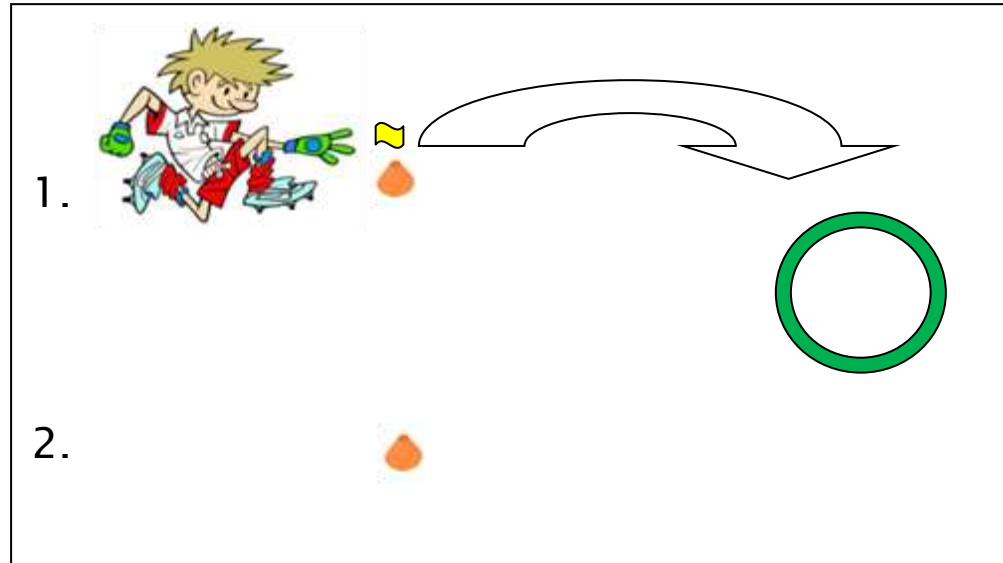


STATION 4: BALANCE

Activity: Wobble and Shoot



FOCUS

- Children aim to make a successful shot while maintaining balance on 1 foot.

RULES – HOW TO PLAY

- Player begins at cone number 1.
- Balancing on left leg they attempt to throw a bean bag into the hoop.
- A point is awarded for each successful shot.
- Retrieve beanbag and move to cone 2.
- Throw is repeated from cone 2 balancing on the opposite foot and throwing with opposite hand from that used at cone 1.



HARDER

- Close eyes
- Use a wobble board/cushion if available

EASIER

- Allow children to balance on the ground using both feet.

COACHING POINTS

HEAD

- Keep head up and keep upper body tall

HANDS

- Use both left and right hands alternately to throw. Raise non-throwing arm up to shoulder height to maintain balance when throwing

FEET

- Standing foot firmly on ground to maintain balance.

EQUIPMENT:

- Bean bags
- Cones
- Hoop
- Wobble board/cushion