

You will need:

- a straight line / tape / chalk

BALANCE BEAM

- Find or create a straight line. You could use floor tiles or paving slabs, put down some tape, or draw a line outdoors with some chalk.
- Your first challenge is to walk or move forward along the line, trying to keep your feet or the centre of your body on the line at all times.
- Your next challenge is to walk or move along the line on tip-toes or with pointed toes.
- Now try walking or moving backwards along the line, and then sideways.
- What other ways can you move along the line? Be creative!

You will need:

- a dice or another way to choose numbers
- a soft item to balance on your head

ROLL THE DICE

- Find an area with plenty of space to move around.
- Roll the dice twice... The first number is the exercise that you should try to do, and the second number is the length of time (seconds) or number of times that you should do the exercise.
- Once you complete one exercise, roll the dice again and do another.



1
Touch
your toes or
reach as far
as you can



2
Move
your arms
up and
down



3
Hop on
one foot or
move your legs
up and down



4
Forward
roll /
cartwheel /
rotate on spot



5
Balance a
soft item on
your head and
hold



6
Create a
shape with
your body and
hold

Thanks to Central Galaxy Coventry Trampoline Club for supporting with this resource.