

Children attempt to work through the activities from yellow, green, red, blue, pink and black. See how far you can get.



(Balance on one leg)

1. Static Balance - One Leg Standing



YELLOW CHALLENGES

1. Can you stand still with one foot on the floor for 10 seconds without losing balance?
2. Now try it standing on the other foot.

www.createdevelopment.co.uk createdevelopment®

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Time your partner during the challenges.
- Remember to provide encouragement and support.
- Give tips, advice and coaching points.
 - Keep your head still, look forward and focus on one point.
 - Keep your tummy tight (core muscles).
 - Bend your knees slightly.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Why is balancing on one foot harder than on two feet?
- Does it make a difference which foot you use and why?
- Why is it important to be able to balance on both your left foot and right foot?

1. Static Balance - One Leg Standing



(Mini-squat - 135° angle at knee)

GREEN CHALLENGES

Complete the following tasks using both your right and left feet:

1. Can you stand still with one foot on the floor for 30 seconds without losing balance?
2. Try to stand on one foot and do a mini-squat, so the angle is no more than 135° at your knee? Now can you do 5 in a row without losing balance?
3. Can you also do 5 mini-squats on the other leg without losing balance?

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Time your partner during the challenges.
- Remember to provide encouragement and support.
- Give tips, advice and coaching points:
 - Look forward and focus on one point.
 - Keep your tummy tight (core muscles).
 - Try to spread your weight evenly between the ball and heel of your foot.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Does focusing on one point make it easier and what does this tell us about balance?
- Why does using your arms help to keep your balance?
- How many skills can you think of that involve balancing on one leg?

1. Static Balance - One Leg Standing



(Squat - 90° angle at knee)



RED CHALLENGES

Complete the following tasks using both your right and left feet:

1. Can you stand still with one foot on the floor and your eyes closed for 30 seconds without losing balance?
2. Try to squat (as if you are sitting on a chair) making sure there is no more than a 90° angle at your knee. Now can you do 5 squats in a row without losing balance?
3. Stand on one foot and lift your heel off the floor, so you are balanced just on the ball of your foot (ankle extension). Slowly put your heel down and try to do 5 in a row without losing balance.

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Time your partner during the challenges.
- If your partner is having trouble, allow them to practise with two feet on the floor.
- Give tips, advice and coaching points.
 - Look forward and imagine a focus point.
 - Keep your tummy tight (core muscles).
 - Try using smooth, controlled movements.
 - Use your arms to help you balance.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Were you able to perform all the movements smoothly?
- Why is it harder to keep your balance with your eyes closed?
- Why do you think it is harder to do a full squat rather than a mini one?
- What actions can you think of that begin with a squat?

1. Static Balance - One Leg Standing



EQUIPMENT

wobble disc or pad



(Ankle extension)

BLUE CHALLENGES

Complete the following tasks using both your right and left feet:

1. Can you stand still on one foot on an uneven surface for 30 seconds without losing balance?
2. Now can you do it with your eyes closed for 30 seconds?
3. Try to squat (as if you are sitting on a chair) and then slowly move up onto the ball of your foot (ankle extension). Can you do 10 in a row without losing balance?
4. Can you do 5 squats with your eyes closed without losing balance?

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Time your partner during the challenges.
- If your partner is having trouble, allow them to practise with two feet on the floor.
- Give tips, advice and coaching points.
 - Look forward and imagine a focus point.
 - Keep core muscles tight.
 - Try using smooth, controlled movements.
 - Use your arms to help balance.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Were you able to perform all the movements smoothly?
- Which muscles did you use on the squats and the ankle extensions?
- What could you use as an uneven surface to practise at home?



(Ankle extension on an uneven surface)

1. Static Balance - One Leg Standing

EQUIPMENT

wobble disc or pad

PINK CHALLENGES

Complete the following tasks using both your right and left feet:

1. Can you complete 5 ankle extensions with your eyes closed without losing balance?
2. Still with your eyes closed, can you complete 10 squats into ankle extensions without losing balance?
3. Now try to complete the above 2 challenges on an uneven surface.
4. Have a go at completing the first 2 tasks on an uneven surface and with your eyes closed.

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Remember to provide encouragement and support.
- Stand close to your partner so you can support them if they lose balance.
- Gently push your partner to see if they can stay balanced.
- Give tips, advice and coaching points.
 - Keep your centre of gravity over your base of support.
 - Keep core muscles tight.
 - Try using smooth, controlled movements.
 - Use your arms to help balance.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Where are your centre of gravity and base of support during this activity?
- What happens to the muscles in your legs when you squat and complete ankle extensions?
- Why is it harder to do the tasks on an uneven surface?

1. Static Balance - One Leg Standing

(Placing a cone on a clock face)



EQUIPMENT

wobble disc or pad,
cones

BLACK CHALLENGES

Complete the following tasks using both your right and left feet and hands:

1. Imagine that you are in the middle of a clock face, facing 12 o'clock and place cones beside you at 12, 3, 6 and 9 o'clock. Standing on one foot, can you pick them up with the same hand without losing balance?
2. Can you now do the same with your eyes closed?
3. Now try to pick up the cones from 12, 3, 6 and 9 O'clock standing on an uneven surface.

SUPPORTING YOUR PARTNER

Use the following ideas to help your partner through the challenges:

- Remember to provide encouragement and support.
- Stand close to your partner so you can support them if they lose balance.
- If your partner is finding the task easy move the cones further away from them.
- Give tips, advice and coaching points.
 - Keep core muscles tight.
 - Lower your centre of gravity.
 - Try using smooth, controlled movements.
 - When reaching, you may need to stretch your other arm and leg back to counter balance.

REVIEWING WITH YOUR PARTNER

Once you have completed the challenges, discuss with your partner:

- Which cones are the hardest to pick up and why?
- How did you maintain balance when reaching away from your body for the cones?
- Who is able to place the cone furthest away from their foot?
- Devise your own game or competition to improve balance on one foot?