

A Little Balance



Brain Break



3-5 minutes



Instructions

This activity can be used as an active break between topics or to refreshing pupils after a long period of sitting down. For this balance break challenge your pupils to stand and balance in different positions.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions
- If pupils struggle with balance allow them to use the desk for balance

Teacher Tips

Foundation: positions can include narrow stances, like feet together, arms out wide, heels together toes pointing away and possibly one leg.

KS1: positions can include holding one foot behind them (like a quad stretch), balancing one foot behind the other with arms out wide and holding their knee into their chest.

KS2: positions include one foot in front of the other like a tight rope, standing on one leg and asking pupils to put their hands on their head at the same time, holding their knee up and the quad stretch.

