



# Balance Time PE Home Learning



Can you keep trying to improve your performance?

## Time to Learn:

- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite three balances.
- Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?



Try balancing on your back, rolling over and then balancing on your tummy.



As you create your sequence, make sure you have at least one high and one low balance.



Try creating pair balances by connecting to a different family member.

## Top Tips

### Be Still!

- All balances must be held completely still for at least four seconds. Make your balances excellent by pointing your fingers and toes.



## Let's Reflect

- Can you hold your balances still?
- Did you try a variety of ways of putting your sequence together?