**Balance Time**

**Home Physical Education**

**How to play:**
- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with you arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite 3 balances. Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?

**Top Tips**

**Be Still!**

All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.

**Let’s Reflect**

Can you hold your balances still? If your balance is wobbling, how could you change it to make it still.

Did you try a variety of ways of putting your sequence together?