

Learning Intention: How can you balance on different parts of your body?

Year 2:

I can balance on different parts of my body

I can make up my own exercise that helps my balance

I can teach another group a new exercise to help improve their balance

Resources:

Online video,
mats

Warm Up: Video or teacher to lead

See video with Captain Haynes, **or** teacher to lead a pirate warm up below.



Teacher Warm up:

Children to find a space and listen to the teacher's instructions.

Aye, Aye Captain: Stand tall, salute and call "Aye, Aye Captain!"

Scrub the deck: Crouch down low and pretend to scrub the deck.

Shark: Balance on your tummy (arch position)

Sinking ship: Jog on the spot and pretend to row the boat as fast as possible.

Man over board: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder

Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

Breakdown of exercises shown during the video:

1) Jumping, two feet together - on rocks



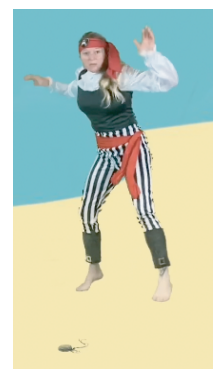
2) Press up on knees - drinking water



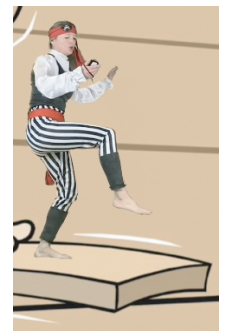
3) Arch - calling for 'help' from the shark



4) Jumping up, from laying down - imagine that the pirates are coming



5) Balance on one leg - (on the plank) changing legs



6) Holding the bridge position - on two rocks.
Make it easier: put your knees down on the floor



Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

What is a balance?

Answer: Balance is the ability to hold your body upright and steady, without falling down!

Q & A: How do you keep balanced in these exercises? Keep focused, look forward, use all your muscles to hold your body in position.

1) In pairs, can you make up your own pirate balance?

2) Children to come up with their own balances either ONE, TWO, THREE or FOUR parts of their body

3) Can you make a balance into an exercise? (Eg. A V-sit and moving your legs up and down)

4) Teach another group/or show the class your exercise.

COOL DOWN

See video or jog on a spot slowly, then marching, then finish off by saluting the captain!

PLENARY

What was your favourite part of the lesson?

How did you improve your balance?

