

# Balancing Spots

- Put out some markers on the floor.
- Ask the children to move about the space, avoiding the spots.
- Shout out:

**'Balance.'**

Children should find a marker and stand on the spot.

- Once all the children are on a spot, count:

**'1, 2, 3, 4, 5'**

The children should try to balance on one leg for the 5 seconds.

- Repeat the activity a few times.
- The cool-down activity should last a couple of minutes.



# 1, 2, 3, 4, 5



# balance

