



BEAN BAG BALANCE

This game will help children to develop their balance

EQUIPMENT:

- Two markers – you could use a jumper, a cone, a shoe
- A object to balance on your head – you could use a bag of rice, a cushion, a book
- A timer

HOW TO PLAY:

Set out two markers roughly 3m apart. Each person has object to balance on their head and they have to see how long it takes them to get from one cone to the other and back again. There will be bonus points available!



MAKE IT EASIER:

- Use a softer object that balances better on the persons head
- Move the markers closer together
- Allow the person to re-position the balancing object if needed

MAKE IT MORE OF A CHALLENGE:

- Touch the cone with either a foot or even more challenging, a hand.
- If the object falls off you must go back to the start
- Make the markers further away
- Increase the speed of movement

SCORING:

Record the time that it takes. Allocate points bonuses e.g. 5 points if they are able to touch the markers with their foot, 10 points if they are able to touch the marker with their hand, 10 points if the object doesn't fall off at all!

Make this a personal challenge by trying to beat your time and score each time or making it harder!

RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:		
Date	Time	Bonus Points

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HOW TO SCORE:

Record the time that it takes. Allocate points bonuses e.g. 5 points if they are able to touch the markers with their foot, 10 points if they are able to touch the marker with their hand, 10 points if the object doesn't fall off at all!

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Time	Bonus Points
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