



ONE LEG STORK BALANCE

This game will help children to develop their balance

EQUIPMENT:

- Timer

HOW TO PLAY:

Each person will attempt to stand on one foot for 30 seconds. You should not rest your non-standing leg on your foot or inside leg. Your heel should point towards your bottom.



MAKE IT EASIER:

Allow them to use some support from the wall

Allow them to rest their raised foot on their leg or standing foot

MAKE IT MORE OF A CHALLENGE:

Raise the leg in different positions e.g. straight out in front, straight out to the side, knee raised up in front

SCORING:

1 point for each second you can balance

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	Points



ONE LEG STORK BALANCE

HOW TO SCORE:

1 point for each second you can balance

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

No.	Name	Time	Points
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			