

MULTI-SKILL CLUB

BALANCE 1
WHERE'S MY BODY?



TOE TOUCH



EAST!



COMPASS

9 O'CLOCK!



CLOCK

REACH-OUT

- Set out several different circular layouts.
- Standing on one foot, touch safety markers with the other foot in the order they are called out.
- Move the cones further away or try wearing an eyeshade.
- Try balancing on bottom, knees or standing touching the head with one hand.



YOUTH SPORT TRUST

THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY
department for
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