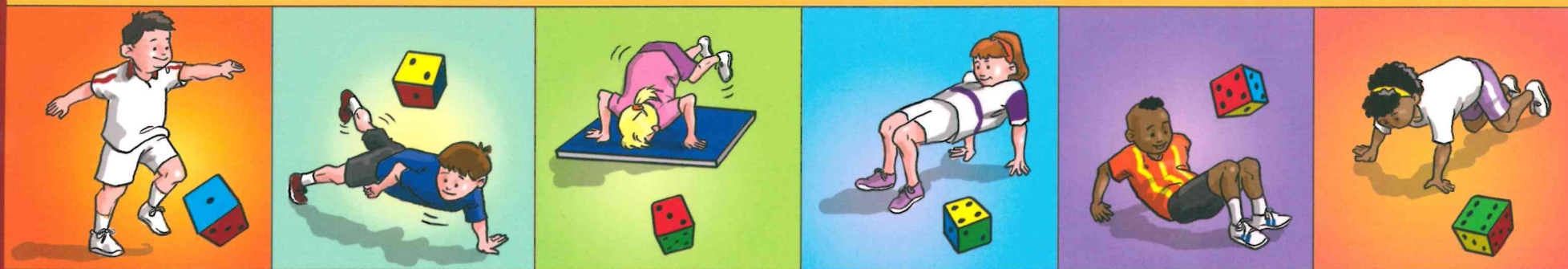


MULTI-SKILL CLUB

BALANCE 2 AM I STABLE?



DICEY BALANCE

- Demonstrate 6 balance positions using the suggestions on the cards or other ideas.
- Using a dice or a spinning hand find a number from 1 to 6.
- Make the shape corresponding to the number.
- The dice or clock could be spun for a second time for how long the balance needs to be held.



YOUTH SPORT TRUST



department for
education and skills

THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY