

MULTI-SKILL CLUB

BALANCE 3
CHANGING BALANCE:
MOVING BODY PARTS

BODY SEMAPHORE

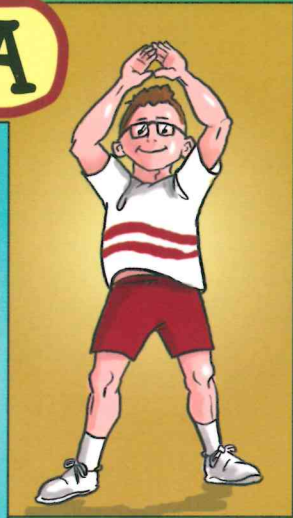


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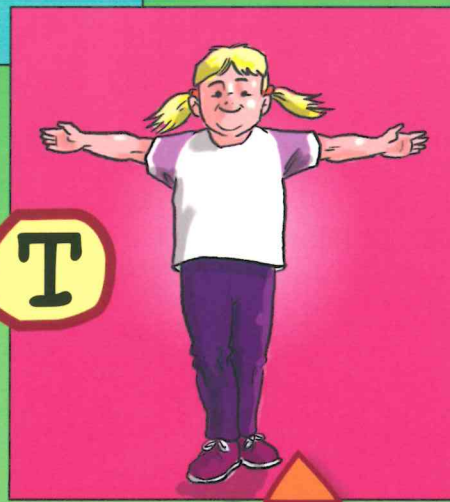
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THE ALPHABET GAME

The Alphabet Game

- Call out a letter of the alphabet and individuals, pairs or groups try to make the letter.

Body Semaphore

- Work with a partner and make shapes of letters to send a message.



YOUTH SPORT TRUST



department for
education and skills

THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY