

MULTI-SKILL CLUB

BALANCE 4 CHANGING BALANCE: PRODUCING FORCES



SUMO PENTATHLON

In pairs arrange the five challenges

1. Standing on one leg with two hands on a hoop or a ball. Push or pull to get one person on two legs.
2. Sitting on a swiss ball and throw a ball to each other. Who loses balance first?
3. Holding a rope with two hands, pull the rope to get one person off balance.
4. Standing on wobble cushions, hold hands and try to push and pull each other off balance.
5. Standing on a beam or line, bounce a ball between each other. Who loses balance first?



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THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY