

## Home Physical Education Challenges

Challenge 1) How many different body parts can you balance on?

Challenge 2) Can you balance on your back and tummy? What do you do with your arms and legs?

Challenge 3) Can you balance on your hands and feet? Can you lift one hand or leg off the floor?

Challenge 4) Choose your favourite 3 balances. Can you add them together to make a sequence? Perform your sequence to someone else. What do they think?

### Top Tips

#### Be Still

All balances must be held  
Completely still for at least 4  
Seconds. Make your balances  
Excellent by pointing your  
Fingers and toes.

### Let's Reflect

Can you hold your  
balances still?  
If your balance is wobbling,  
how could you change it to  
make it still?  
Did you try a variety of  
Putting your sequence  
Together?

Here are some examples

