Name/Title: Balancing Act!

Purpose of Event: To demonstrate body management skills specific to balance with and without the use of apparatus.

Prerequisites: Prior lessons on body management skills.

Suggested Grade Level: K-2

Materials Needed: Variety of cones, Pencil for each student, Balancing Act Checklist for each student, 3-4 peacock feathers (or 3-4 plastic bats), 3-4 15’ heavy marine ropes, 6-8 individual mats, 15 polypots, balance beam, 3-4 pool noodles, 3-4 beanbags. (Peacock feathers can be found in craft stores, marine ropes can be found in hardware stores)

Description of Idea

Use cones to designate station areas and prepare each area for activity.

Station 1 6 x 6’ area
Station 2 Lay ropes in a line, circle, and square
Station 3 Spread out mats
Station 4 Lay polypots in a random pattern
Station 5 Set the balance beam low
Station 6 Spread out pool noodles
Station 7 Spread out mats
Station 8 (Beanbags)

Divide students in groups of 3 and assign each to a station. Demonstrate activity at each station before beginning. Provide 2-3 minutes for students to complete balance challenges before signaling them to move on to another station. (Rotate in order)

Balancing Act Checklist

Assessment Ideas:

Ask seven 4th or 5th graders (or parent helpers) to assist in assessing students using the Balancing Act Checklist.

Submitted by Karen Schmitz who teaches at St. George School in Tinley Park, IL. Thanks for contributing to