

**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](#).

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Submitted by **Karen Schmitz** who teaches at St. George School in Tinley Park, IL. Thanks for contributing to PE Central! **Posted on PEC: 3/3/2010.**

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