



# VIRTUAL SPORTS DAY 2020

## KEY STAGE 2

What ?



### BOOK BALANCE!

**You Will Need:**

» Hardcover book (standard size Storybook)

Why ?



- Children can explore how to balance
- Children can explore how to make basic shapes with their body
- Children can stand momentarily on one foot
- Children can move at different height/levels whilst balancing objects

How ?



- ① Stand in an upright position
- ② Place book onto the top of your head and position arms by your side
- ③ Bend down to touch the floor with your fingertips before raising the body back into a position where the legs are fully extended
- ④ If the book falls from your head, place it back into position as quickly as possible before continuing
- ⑤ Record how many times that you touch the floor in 60 seconds

#HavingFunSafely

