





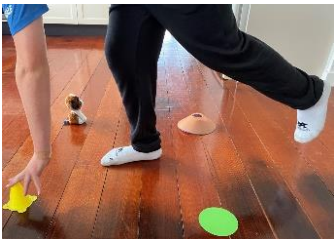
Activity	<i>Dizzy Giddy</i>
Equipment	1 x Dizzy Giddy, 1 x hoop and beanbag per child
Instructions	<p>One child at a time sits in the middle of the Dizzy Giddy and moves their upper body to rotate it to the left and right.</p> <p>Safety: Ensure that fingers are inside rim of the Dizzy Giddy.</p> <p>Side Activity: Children individually toss a beanbag in the air and catch it while sitting or standing in a hoop.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Rotate faster • Rotate left and right on command e.g. 4 spins left and 3 spins right <p>Easier:</p> <ul style="list-style-type: none"> • Rotate slower • Rotate with assistance (Activity Leader to help rotate the Dizzy Giddy)
Key words/phrases	Lean left, lean right, faster, slower, rotate, spin
Teacher Notes	





Activity	<i>Heel to Toe Walk</i>
Equipment	3-4 x tape or chalk lines, 1 x hoop and beanbag per child
Instructions	<p>Children walk heel to toe along lines marked on the ground. The lines can be varying lengths and can even make different shapes.</p> <p>Safety: If 2 children perform the activity at the same time, ensure they walk in the same direction so they don't bump into each other.</p> <p>Side Activity: Children individually toss a beanbag in the air and catch it while sitting or standing in a hoop.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Walk faster • Balance bean bag on head while walking • Walk backwards <p>Easier:</p> <ul style="list-style-type: none"> • Walk slower • Allow space between heel and toe
Key words/phrases	Backwards, forwards, faster, slower, on, balance, heel, toe
Teacher Notes	





Activity	<i>Lily Pads</i>	
Equipment	2 x large dots per child	
Instructions	<p>Children try to cross an imaginary pond using each dot as a lily pad. Place one lily pad on the pond and step onto it with one foot. Balance on that foot and place the second lily pad in front. Step onto the second lily pad and balance on one foot again. Continue across the entire pond as designated by the Activity Leader.</p> <p>Safety: Ensure adequate spacing of children to avoid falling or kicking each other.</p> <p>Side Activity: Not required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move faster across the pond • If balance is lost, return to the beginning and start over • Place lily pads further apart to take longer steps <p>Easier: Balance on 2 feet instead of one foot</p>	
Key words/phrases	Balance, one foot, two feet, step, on, over	
Teacher Notes		


 Active Schools	  Department of Education	<h1>BALANCE</h1>
Activity	<i>Shape Touch</i>	
Equipment	1 x cone, soft toy, beanbag and dot per child	
Instructions	<p>Children stand in the middle of a square made of objects, e.g a cone, beanbag, soft toy and dot. Balancing on one foot, touch each object, one at a time, with the opposite hand to the leg the child is balancing on. Activity Leader to nominate objects to touch in random order.</p> <p>Safety: Ensure adequate spacing of children to avoid falling on or kicking each other.</p> <p>Side Activity: Not required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Nominate more than one object to touch • Close eyes when bending to touch object <p>Easier:</p> <ul style="list-style-type: none"> • Balance with assistance (Activity Leader to hold hand) • Place objects on a chair or bench instead of on the ground 	
Key words/phrases	Opposite, left, right, shapes, colours, object names	
Teacher Notes		


Activity	<i>Stepping Stones</i>	
Equipment	Various stepping stones, dots and beanbags, 1 x set of Shape/Colour/Number cards, 1 x hoop and balloon per child	
Instructions	<p>Each child walks on stepping stones, dots, and beanbags to cross an imaginary river set up by the Activity Leader. At various times, the child is asked to look up and name the shape, number or colour on the card held by the Activity Leader.</p> <p>Safety: Ensure only one child at a time is on the stepping stones.</p> <p>Side Activity: Children individually tap a balloon in the air with either hand, while standing in a hoop.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Step faster • Stop and balance on one foot <p>Easier:</p> <ul style="list-style-type: none"> • Only use dots as stepping stones • Step with assistance (Activity Leader to hold hand) 	
Key words/phrases	Over, on, faster, slower, colours, shapes, numbers 1-10	
Teacher Notes		


Activity	<i>Hopscotch</i>	
Equipment	1 x hopscotch drawing or mat, 1 x beanbag, 1 x hoop per child, 1 x balloon per pair	
Instructions	<p>Toss a beanbag onto a hopscotch square and hop from square to square to pick it up. Repeat 3 times, aiming for a number nominated by either the Activity Leader or the child.</p> <p>Safety: Ensure no one stands at the end of the hopscotch mat when tossing the beanbag.</p> <p>Side Activity: In pairs, children stand in a hoop, opposite each other, and gently tap a balloon, with either hand, to keep it in the air.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Hop faster • Hop on non-preferred foot <p>Easier:</p> <ul style="list-style-type: none"> • Hop with assistance (Activity Leader to hold hand) • Allow 2 foot jumping 	
Key words/phrases	One foot hop, left, right, underarm throw, on, over, numbers 1-10	
Teacher Notes		


Activity	<i>Cone Tap</i>	
Equipment	1 x stability disc, 5 x cones, 1 x half-length pool noodle, 1 x soft playball per pair	
Instructions	<p>In the middle of a semi-circle of cones, child stands on a stability disc with both feet. They tap each cone, one at a time, with their hand as they balance. Child stands back up after each cone touch.</p> <p>Safety: Stand near the child to assist if they lose balance.</p> <p>Side Activity: In pairs, children sit opposite each other and gently roll a playball directly to each other.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Tap multiple cones (in nominated order) before standing back up • Tap cones with foot instead <p>Easier:</p> <ul style="list-style-type: none"> • Balance with assistance (Activity Leader to hold hand) • Use half-length pool noodle to touch each cone 	
Key words/phrases	Left, right, tall, different colours, one at a time	
Teacher Notes		


Activity	<i>Space Walk</i>	
Equipment	9 x hoops, 1 x Arrow card, 1 x hoop, balloon and pool noodle per child	
Instructions	<p>One child at a time stands in the middle of a grid of 9 hoops (3 x 3). They follow the direction of the arrow and jump into the appropriate hoop. Activity Leader also names the direction – right, left, forward or back.</p> <p>Safety: Ensure children performing side activity are in sight while working with one child at a time in the hoops.</p> <p>Side Activity: Children individually tap a balloon with half a pool noodle, to keep it in the air, while standing in a hoop.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Hop instead of jump • Child names the direction they are moving <p>Easier:</p> <ul style="list-style-type: none"> • Place direction card on ground instead of holding it 	
Key words/phrases	Centre, left, right, forward, back, 2 foot jump	
Teacher Notes		



Activity	<i>Ninja Kick</i>	
Equipment	1 x stability disc, 5 x cones, 5 x tennis balls	
Instructions	<p>One child at a time stands on the floor in the middle of a circle of cones, with a ball on each cone. Balancing on one foot, they gently kick each ball off the cones.</p> <p>Safety: Children collecting the balls must stand at least 2 meters away from the cones and only replace the ball once all 5 have been kicked.</p> <p>Side Activity: Other children stand around to collect and return the balls after they are kicked off the cones.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Stand on a cushion or Stability disc Kick more than one ball before standing on both feet again. <p>Easier:</p> <ul style="list-style-type: none"> Place a larger/softer ball on each cone. 	
Key words/phrases	Left foot, right foot, on, off, follow through, balance	
Teacher Notes		


Activity	<i>Beam Walk</i>	
Equipment	3-4 x low balance beams or tape/chalk lines on the ground	
Instructions	<p>Set up different low beam lines and shapes. Children walk heel to toe along beams with eyes looking straight ahead. With each step, slide the foot along the side of the beam to feel where the beam is rather than looking down.</p> <p>Safety: Ensure all children are in line of sight with a maximum of 2 children on each beam and shape.</p> <p>Side Activity: Not required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> Walk backwards Walk along beam, stop and balance on one foot <p>Easier:</p> <ul style="list-style-type: none"> Child can look down at the beam Walk with assistance (Activity Leader to hold hand) 	
Key words/phrases	On, along, feel with your feet, slide, forward, backward	
Teacher Notes		

Activity	<i>Box Jumps</i>	
Equipment	1 x wooden box or bench, 1 x gym mat or crash mat, 1 x hoop and soft playball per child	
Instructions	<p>Jump from a box onto a standard mat or crash mat and make a safe, motor bike landing. Try different jumps – star jump, tuck jump, straight jump.</p> <p>Safety: Ensure mat is clear before each child jumps.</p> <p>Side Activity: Children individually bounce a soft playball in their own hoop, then catch the ball with both hands. Count each bounce.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Child calls out type of jump they will do • Try half turn and full turn jumps <p>Easier:</p> <ul style="list-style-type: none"> • Jump with assistance (Activity Leader to hold hand) • Only perform tuck or straight jumps 	
Key words/phrases	Up, down, on, along, star jump, tuck jump, straight jump, half turn, full turn	
Teacher Notes		

Activity	<i>Beanbag Bumps</i>	
Equipment	2 x low beams, 2 x tape or chalk lines of different lengths, 10 x beanbags	
Instructions	<p>Place beanbags approximately 1-2 metres apart on low walking beams and lines on the ground. Children walk forward and step over each beanbag without looking down. Repeat.</p> <p>Safety: All children walk in the same direction and only one child on a beam at a time.</p> <p>Side Activity: Not required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Walk faster • Hold a balance on one foot halfway along beams <p>Easier:</p> <ul style="list-style-type: none"> • May look down at beam and beanbags • Only walk on lines on the ground 	
Key words/phrases	Look up, step over, balance, on	
Teacher Notes		

Activity	<i>Beam Bounce</i>	
Equipment	2 x low beams, 8 x dots, 1 x hoop and soft playball per child	
Instructions	<p>Place 4 dots evenly alongside each low beam. Child walks along each beam, then bounces and catches the playball on each dot. Child names the colour of the dot at each bounce.</p> <p>Safety: Ensure only one child at a time on the beams.</p> <p>Side Activity: Children individually bounce a soft playball in their own hoop, then catch the ball with both hands. Count each bounce.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Toss and catch the ball every 2 steps • Bounce ball 3 times on each dot <p>Easier:</p> <ul style="list-style-type: none"> • Don't use the ball, just name the coloured dots • Bounce the ball but the Activity Leader catches it 	
Key words/phrases	Bounce, catch, colours, numbers	
Teacher Notes		

 Active Schools	achper <small>VICTORIA</small>	VICTORIA <small>State Government</small>	<small>Department of Education</small>	<h1>BALANCE</h1>
Activity	<i>Bean Bag Shift</i>			
Equipment	1 x hoop and 5 x beanbags per child			
Instructions	<p>Place 5 beanbags in each hoop in front of each child. Child balances on one foot and picks up one bean bag at a time and places it outside the hoop. They then balance on the other foot and place the beanbags back in the hoop, one at a time.</p> <p>Safety: Ensure adequate spacing of children to avoid falling or kicking each other.</p> <p>Side Activity: Not required</p>			
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Pick up beanbags faster • Hop around hoop before picking up next beanbag <p>Easier:</p> <ul style="list-style-type: none"> • Allow child to touch the ground with other hand 			
Key words/phrases	In, out, left, right, opposite			
Teacher Notes				

Activity	Statues
Equipment	1 x gym mat per child, 1 x set of Statue cards
Instructions	Use the balance cards to show a statue/balance children must copy. Play musical statues and make a statue when the music stops. Safety: Ensure adequate spacing of children to avoid falling on or kicking each other. Side Activity: Not required.
Modifications	Harder: <ul style="list-style-type: none"> • Hold statue balance for longer time Easier: <ul style="list-style-type: none"> • Hold statue balance for shorter time 
Key words/phrases	Balance, one foot, reach up, bend down, eyes focused
Teacher Notes	

Activity	
Equipment	
Instructions	
Modifications	
Key words/phrases	
Teacher Notes	