

## Day Twelve: May 12, 2020

### BALANCE ON THREE

Sport for Life has shared some of their PLAYbuilder tools to keep your kids active while at home. These games can help to keep you and your family moving, engaged and laughing!



#### Overview

**Duration:** 10 minutes

**Ages:** 3 - 9

**Fundamental Movement Skill(s):**  
Balance

**Equipment:** None

**Environment:** Backyard, rec room, space where everyone can move in their individual space

#### **Activity Instructions**

- Participants move around the playing area using any locomotor movement (skip, gallop, log roll).
- On the cue, “Balance on three,” the participants must balance safely on three body parts (e.g. two feet and one hand) and hold for five seconds.
- Have the participants move around the play area using a new locomotor movement. Call out the cue “Balance on three,” but this time, they must balance in a new way on three body parts (e.g. bum, two feet).
- The activity continues this way until participants start to run out of ideas. You can give hints if they get stuck and you can also showcase creative participant’s poses for others to copy.
- Change the cue to be “Balance on four” or “Balance on one” to encourage balancing on a different number of body parts.

To learn more about PLAYbuilder visit <http://getplaybuilder.com>

More activities like this can be found here: <https://sportforlife.ca/blog/playbuilder-activities-to-stay-active-inside/>