

Balance task:

BODYPARTS CHALLENGE

What you need:

- Balloon
- Ball

Instructions:

Firstly please find a safe place. Aim is to keep the balloon in the air for as long as possible using different body parts without the balloon touching the floor. You can keep score!

Differentiation: STEPS

Space – Bigger or smaller area

Task – Change the level or take away body parts that you've used.

Equipment – Add more balloons or change equipment

People – Challenge a friend or pair up and do it together.

