

### Primary and secondary challenge card

Get creative whilst balancing on one leg! Lift one leg off the floor and balance for minimum 10 seconds to start and then adapt the challenge.

### S T T E P

Ideas on how to adapt the activity in a national lockdown.



### Space

- Try the activity indoors or outdoors
- Reduce or increase the distance from which an object is thrown



### Task

- Keep switching tasks with your partner
- Speed up or slow down the throws
- Include more people with more round objects
- Stand closer if it's too easy
- Introduce a set number of lives until you switch
- Add in a clap before completing each action



### Time

- Ensure you progress the difficulty and play for as long as you wish



### Equipment

- A round ball of any variation that is soft, or some socks in a ball if you do not have one
- Use different shapes and sizes of objects that you can find



### People

- Ask a family member to get involved and include as many people as you wish in the game and get creative

### In action

