

#StayInWorkOut

Flamingo Balance



Primary 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.

STEP

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

Space

- Can be done anywhere around the house or outside
- Make sure you have a safe clutter free area to hop side to side in

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Task

- Switch the leg you balance on
- Put your other leg into different positions while keeping balanced
- Create as many different positions as you can
- Add in a hop forwards, backwards or to the sides

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Time

- Hold for a minimum of 10 seconds on each leg and increase the time if it is too easy
- Aim for a maximum of 1 minute per leg

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Equipment

- No equipment to start
- Add a jump over a low hurdle or on to a box
- Add bean bags as creatively as you can

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People

- Partner up and try to unbalance each other gently
- Involve your family to take part and to time the activity

In action



Lift one leg off the floor and balance on one leg for 10 seconds.

Now try and put leg in other positions while keeping balance.



ALTERNATIVE ACTIVITIES:

- Stand like a Flamingo.
- Partner unbalancing game holding each other with judo grip and one leg off the floor – attempt to make partner put foot down.
- Hopping forward, backward across the mat – distance, height or speed (racing games).
- Pick bean bags or other suitable objects off the ground while balancing on one leg – by self or holding partner.



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<https://youtu.be/mNHAY37MzJE>

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