

**BALANCE IN NUMBERS****HOW TO PLAY:**

- Children travel around the area to music, using different travelling movements.
- When the music stops, children must freeze in a balance of their choice.
- When the music starts, children begin to travel around the room again.
- When the music stops, ask children to perform a different balance to the one they performed first.
- Discuss with the class all the different body parts they could use to balance on (hands, feet, elbows, knees, back, bottom, stomach, side). **Do not allow children to balance on their head.**
- Progress to calling a number when the music stops, children must then balance on that amount of body parts, e.g. two: one hand and one foot.
- Encourage children to be creative with the body parts they use to balance, however, they must be able to hold the balance for 8 seconds.
- Progress to giving children the option to balance in a pair or a group. When the number is called, children must combine with others to balance together on the correct number, but they must be connected whilst doing so, e.g. two people needing four body parts – one hand and one foot each, whilst holding hands.

**Resources**

- Music is recommended to be played a very low level until the children have grasped the concept.