

Year 4 Afternoon Learning –

Week beginning Monday 11th January 2021

This is your learning for PE:

Static Balance



Look at the 2 different activities. Complete these tasks over and over again until you have eventually learnt them and can do them under control.

Read the exercises carefully and then try to do the activity as described. Remember to take your time and try the activity in an appropriate space. Each activity has 3 levels of difficulty; once you have successfully completed one level move to the next.

Activity 1: One Leg Standing



Can you stand still with one foot on the floor for 10 seconds without losing your balance?

Now try standing on the other foot.



Can you stand still with one foot on the floor for 30 seconds without losing your balance?

Try to stand on one foot and do a mini-squat. Can you do 5 in a row without losing balance? Try the other foot.



Can you stand still with one foot on the floor and your eyes closed for 30 seconds without losing balance?

Try to squat as if you were sitting on a chair. How many can you do in a row without losing balance?

Activity 2: Seated

(Seated balance - no hands or feet)



Can you keep your balance for 10 seconds during the following seated challenges?

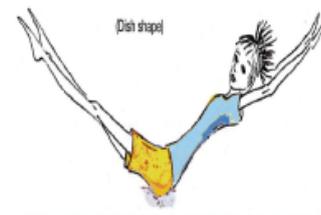
With both hands and both feet touching the floor?

With 1 hand and 2 feet touching the floor?

With 1 foot and 2 hands touching the floor?

With 1 foot and 1 hand touching the floor?

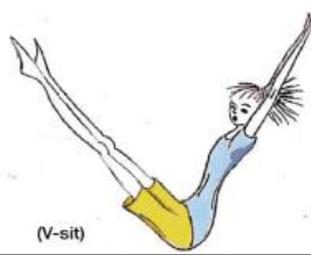
Now try balancing with no hands and no feet touching the floor.



With both hands and both feet off the floor and knees bent, can you keep your balance during the following seated challenges?

Pick up something from one side, bring it across your tummy and place it down on the other side with the same hand. Bring this item back the opposite way using the other hand.

Now change your body shape by lying flat on your back with your arms straight behind your head. Lift your legs back off the floor into a dish shape and try to hold the position for 5 seconds.



With both hands and both feet off the floor and knees bent, can you keep your balance during the following seated challenges?

Reach out and pick up something that is an arm's distance away to your side, bring it across your tummy, swap hands and place it on the other side. Can you also bring the item back the opposite way?

Now can you do the same task without swapping hands in the middle?

Change your body to make a V-shape with your legs and arms straight and hold for 10 seconds.