

how to play:

Playing in pairs:

- One player stands with their arms outstretched.
- The other player has 1 minute to safely balance as many items on the first player as possible.
- When the time is up, count how many items are balanced and then swap over. Who can balance the most items on their partner?
- To progress – difficult items can be worth more points.

Playing in teams (e.g. 2v2):

- One person from each team stands with their arms outstretched.
- The other players race to safely balance as many items as possible on their teammate.
- The team with the most items balanced, wins a point for the round.
- Play 3–5 rounds to see who can win the most points.

equipment:

- Socks
- Tea-towels
- Books
- Coat-hangers
- Toys, etc.

how to score:

- Award 1 point for each item balanced successfully. Or 1 point for easy items and 2 points for difficult items.
- The player with the most points wins.
- If an item falls off, it must not be counted.

[Video Demonstration](#)



This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Hand-eye coordination
- ✓ Balance
- ✓ Problem solving

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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