

# Statues

## Home Fun – Static Balance



### Organisation

#### Equipment:

- N/A

#### Set up and Timing:

- Can play outside or modified inside
- 15 minutes



### Learning Experience

#### Instruct students to:

- Parent stand 30m away from (and with back to) child.
- Child begins to move towards half-way line on parent's call.
- When parent turns around the child must freeze in correct balance position. If poor technique is observed, the child returns to the start.
- Parent turns their back to the child once again and game recommences.
- Game continues until the child reaches the parent's line.
- Child and parent can swap roles.



### Teaching Tips

#### Teaching Tips:

- Correct BALANCE technique:
  - Support leg still, foot flat on the ground.
  - Non-support leg bent, not touching the support leg.
  - Head stable, eyes focused forward.
  - Trunk stable and upright.
  - No excessive arm movements.
- Play with as many people as possible – include the whole family!