

land, water, action

Balance and speed is
what you need



how to play



These can be set up as a mini circuit with each team working at a different challenge.

Challenge 1 – each pair sits opposite each other on the floor an arm's distance away from the wall in seated straight posture.

Player one passes a ball to their partner who rotates and touches the ball against the wall and passes it back. Player two rotates and touches the wall. Let's race to see who'll be first to twenty passes!

Challenge 2 – each pair stands opposite each other. You need to hold hands and sit on your bottom in a seated balance, knees bent, feet flat. Now, try leaning backwards, then forwards, then stand up without wobbling or letting go. And again! You'll get extra points for strong balances and good use of core muscles.

Safety: make sure there is enough space between pairs.

equipment

Space hoppers, benches, Swiss balls, coloured poles, small balls, flat markers.

sporting connection



These challenges are great for helping you develop a range of skills, including core stability in a seated balance and transferring your weight from side to side. These are skills you'll find in the Olympic sports of canoeing, rowing and cycling.

did you know?

The most successful Olympic sailor is Denmark's Paul Elvstrom. He won the first of his four gold medals in consecutive Games from 1948, and was still competing in 1988 at the age of 60.

wider club activities

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Skills

Example

Thinking me

Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)

Social me

During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.

Healthy me

Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.

Physical me

Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.

Creative me

For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

In both challenges, make the distance between players smaller/larger

In challenge 1, use the space above or below to pass the ball

task

In challenge 1, roll the ball rather than pass it

Try both challenges one handed

In challenge 2, try starting on one foot

Try sitting on a Swiss ball/space hopper (if sitting on a space hopper isn't an option, these players can bounce the hopper instead)

Use blindfolds to create darkness

equipment

In challenge 1, use larger/smaller balls

Some players may find it easier to sit down onto a chair (this could be one partner in pair, it doesn't need to be both)

people

Mix pairs up for each challenge, even if they're still in a team, to add variety

Do challenge 2 in groups of more than 2 people