Balances

RESOURCES: Music, mats

LOCATION: Indoors or outdoors

1. LOWER PRIMARY

INSTRUCTIONS:

1. Define working area
2. Children move as directed around the working area to music, keeping an eye open for others eg. like giraffes stretching up tall on tip toes, like kangaroos jumping two feet together, like monkeys or rabbits
3. Teachers stops music and calls a statue balance eg:
   - Stand on one foot (arabesque)
   - Stand on one foot and two hands
   - Stand on two feet and two hands stiff as a board
   - Balance on bottom only

2. MIDDLE PRIMARY

INSTRUCTIONS:

1. Follow as per lower primary
2. Include working in pairs eg only two bottoms, only two feet (one from each person)
3. Try some counter-balances in pairs

3. UPPER PRIMARY

INSTRUCTIONS:

1. Follow as per middle primary
2. Try some group balances eg call five arabesque in a circle formation or five arabesque in a line formation (like the ‘can can’)

VARIATIONS:
- Groups could turn their five arabesque in a circle-formation into a display by adding movements to get into their formation