



FIT KIDS HEALTHY KIDS

Demonstration ★

- child chooses a card and shows the cards to all the students
- the leader and that child demonstrate the balance
- the rest of the groups imitate the balance
- the child that chose the card performs the balance again with their partner

Balancing Together ★★

- separate children into groups of two
- each child in the group gets a turn to draw a card
- Everyone performs the individual or partner static balance shown on card
- there is no demonstration or instruction by the leader only encouragement when the balances are being done

Leader Leads, Kids follow ★★

- Leader holds up cards
- children perform balance
- Leader can change cards quickly for a faster paced game or slowly to have them hold the balance longer

Things to do:



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Balance Circuit ★★

- spread balance cards on floor in a circle
- the children move from card to card when the leader calls "switch"
- children perform the balance and hold it until the leader calls "switch" meaning it is time to move again
- Continue the game until all the children have attempted all the cards put out on the circuit

No Instructions needed ★★

- let the kids use the cards and perform the balances on their own
- use them as a station in a circuit
- Let the children use them during free play

Make a Change ★★

- while playing one of the games leader calls "make a change"!
- children must then change the shape of their body and balance to any kind of balance position by altering the one they are already in.

Things to do:





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Leader Narrates ★★

- Leader chooses a card and shows the class
- The leader does not demonstrate the skill but talks the children through the balance

Balancing with Grace ★★★

- leader puts on relaxing music and holds up a card
- the children silently, slowly and gracefully preform the pose like a dance
- children may keep the same partner or dance to different partners for each draw
- play with only the individual balance cards and have the children dance alone and move through each other between balances freely

Skip to My Card ★★★

- spread balance cards on floor and start the music
- have the children use a locomotor skill like skip, gallop, hop or jump around the cards until the music stops
- the partners must find a card and preform the balance on the card that they stop at

Things to do:



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Circle Switch ★★★

- have the children pick a partner and face each other
- Group forms two circles; an outside circle facing in and an inside circle facing out
- Leader holds up card and children preform balance
- leader can then say "outside circle five to the left"
- the outside circle then moves five people/places to the left and is then facing their new partner
- Leader calls out new command for inside or outside circle with each card they draw
- Children count out loud as they move
- to make it more difficult call out instructions for both circles to move in opposite directions or in the same direction
- call out a number of directions before making children balance
- change the locomotor skill to side step, jump, hop, leap, gallop or skip be creative

Things to do:





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Partners;

- children can either choose partners or leaders may assign partners
- partners may change or stay the same during the game

Group sizes may vary;

- some games or variation of the game may be played with as little as two children
- some games require larger groups

Difficulty;

- difficulty in game may vary due to the amount of demonstration, instruction and leader involvement
- amount of self-lead creativity, speed of the game or group size may also affect rating.

Easy ★★★★★

Easier ★★★

Easiest ★

Helpful tips:



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Space:

- some games can be played in large or small spaces, with slight restriction to speed and distances between movements
- some games may require larger spaces

Pre-pick Cards

- you may not want to use all the cards all the time
- pre-pick cards that you would like to focus on
- take out cards that you don't think will work with the game or your group
- use only the individual static balances
- use only the partner static balances
- use a small deck for a short game or small group
- use the whole deck for a large group

Variations and Creativity

- change the game and add your own ideas to the deck
- change simple things to add an extra element or level of complexity to the game

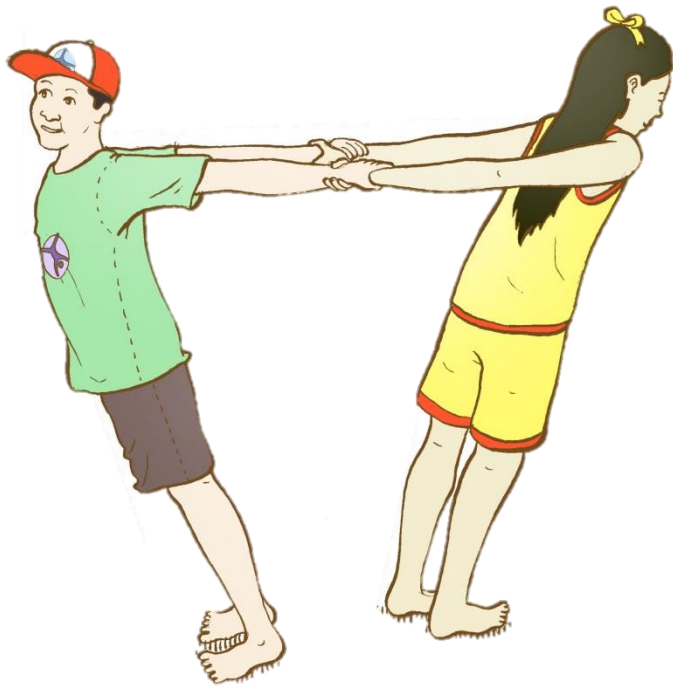
Have fun!

Helpful tips:





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Partner balance



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Partner balance





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Partner balance



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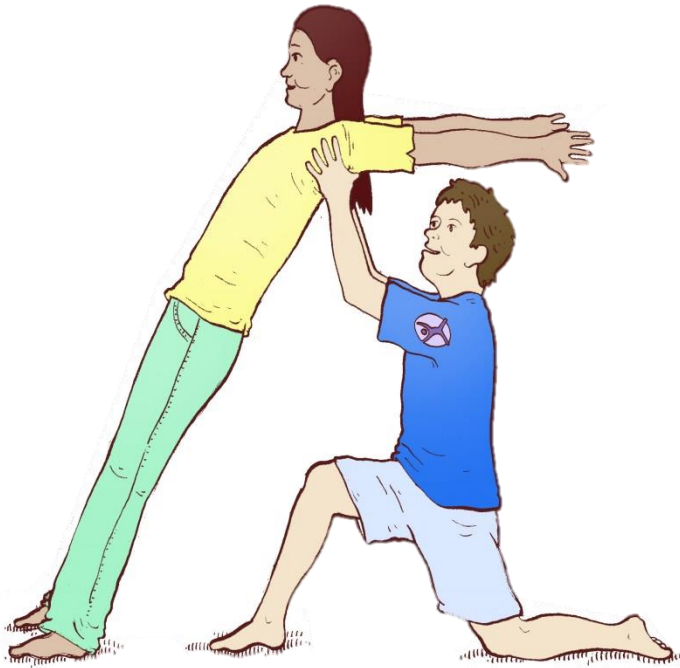


Squat





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Partner balance



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Stork Stand





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Front Scale



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**Make your own
partner balance
position.**



Balance position





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**Make your own
individual balance
position.**



Balance position



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**Make your own
individual balance
position.**



Balance position

