

Event Explainer - Balancing / Cothromaíocht

Balancing

Balance is essential for all physical development and is a prerequisite for almost every movement skill. It is subdivided into two categories:

1. **Static balance:** the ability to maintain a static position throughout a movement (e.g. a handstand in gymnastics).

2. **Dynamic balance:** controlling the body when moving (e.g. keeping the body stable while kicking a football).

For the purposes of this resource, we will be mainly focusing on the dynamic balance as this is most easily applicable to sports day activities. The activities used are from the Move Well Move Often booklets. Please click below.



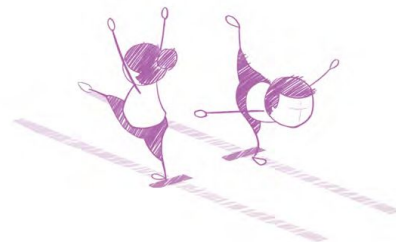
[Physical Literacy](#)

Activity 1 - Walk the Line (Siúil ar an líne - Gluais go maith, gluais go minic Leabhar 1 lth. 114)

Pupils walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). Invite pupils to:

- turn fully around in the middle without losing balance or toppling off the line
- complete the task with their eyes closed (in pairs with one pupil acting as a guide)
- hold a shape for a count of three as they balance on the line.

(REF - PDST MWMO Book 1)

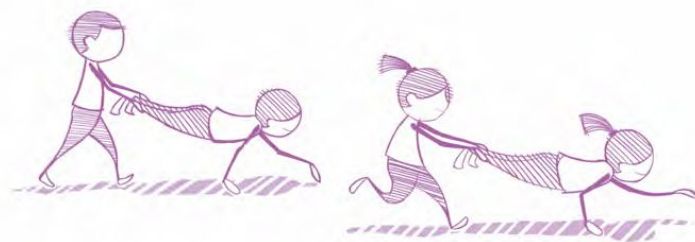


Activity 2 - Wheelbarrow Races

(Rásaí Barra - Gluais go maith, gluais go minic Leabhar 3 lth. 107)

Arrange pupils in pairs. Set up two lines of cones, twenty metres apart and invite pupils to find some space along the line. One pupil adopts the high plank position and their partner lies their legs below the knee. The pupil holding the high plank moves their hands to go forward, with their partner carrying their legs behind. Invite pupils to move themselves travelling from one cone to another.

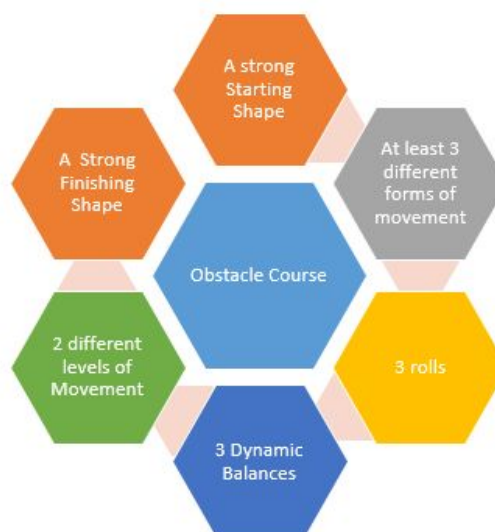
(REF - PDST MWMO Book 3)



Activity 3 - Obstacle Course - Cúrsa Constaice

Invite pupils to set up and run their own obstacle course with parameters as set out below. Use any equipment available - household or otherwise. Invite pupils to do the obstacle course, time themselves and try to beat their original time.

(photo Ref - Beafunmum.com)



Varying The Learning Environment



It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.

Links to youtube videos

https://youtu.be/y_v3a56R1DE Walk the line

<https://youtu.be/I9X8PowsdAU> Kids wheel barrow race

<https://youtu.be/sXjDO9G2JQY> Backyard obstacle course