

## Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

### Day 2 Physical Challenge – Balance test

The ability to balance is a fundamental element of all sporting activity

#### Reception & Key Stage 1

- How long can you balance on your right leg
- How long can you balance on your left leg

#### The aim of the activity:

- The balancer stands on one foot using someone initially to gain their balance.
- The stop watch will start when you let go of the person helping you to balance and will stop when the free leg touches the floor.
- You must practise on both legs.

#### Safety

- Find a line you can stand on, flat on the floor.
- Ensure you have plenty of space around you just in case you lose your balance

Reception & KS 1  
Knee bent up in front.



#### Body

- Balancer is relaxed and stable
- The arms and hips help the balancer
- The focus is forward rather than down

#### Aim: Keep your balance as long as you can.

- Reception – great time = 10 seconds
- Year 1 – great time = 15 seconds
- Year 2 – great time = 20 seconds

#### Equipment required:



Stop watch



Line

#### Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- Find a line you can stand on, flat on the floor.

First score	
L	R

Best score	
L	R

Take a photo / video and show us how you are doing via twitter @HarrogateSSP

You can find other activities by visiting: <https://www.harrogatessp.com/physical-activity-2/>

Don't forget to write down your scores on your April recording sheet which can be downloaded from <https://www.harrogatessp.com/home-personal-best-challenge/>

## Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

### Day 2 Physical Challenge – Balance test

The ability to balance is a fundamental element of all sporting activity

#### Key Stage 2

- How long can you balance on your right leg
- How long can you balance on your left leg

#### The aim of the activity:

- The balancer stands on one foot using someone initially to gain their balance.
- The stop watch will start when you let go of the person helping you to balance and will stop when the free leg touches the floor.
- You must practise on both legs.



#### KS 2

Bend the knee behind you and hold your foot.

#### Body

- Balancer is relaxed and stable
- The arms and hips help the balancer
- The focus is forward rather than down

#### Safety

- Find a line you can stand on, flat on the floor.
- Ensure you have plenty of space around you just in case you lose your balance

#### Equipment required:



Stop watch



Line

#### Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- Find a line you can stand on, flat on the floor.

First score	
L	R

Best score	
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