

Participants travel freely in general space using different locomotor movements and freeze to balance on the number of body parts the leader calls out.



## Instructions

- Participants move around the activity area according to the assigned locomotor movement (hopping, skipping, jumping, running, etc.)
- The leader will call out a number that will indicate how many body parts the participant is to balance on for five seconds. For example: If three is called out, a participant may balance on two hands and one foot. For five body parts, participants may balance on two hands, two feet, and their heads.
- Encourage creativity and remind participants of the balancing cues.
- If a participant is very creative highlight them to the rest of the participants.
- Pause activity throughout and ask questions such as “Do you feel more balanced on more or fewer body parts?”