Balance Games

**Push over Game:**

Stand facing a partner with feet glued to the ground. Stand close enough so that palms of hands can touch.

On GO the pair have to try to push each other off balance, by only pushing against their partners hands (No pushing of shoulders or stepping back and forward is allowed). This will look at centre of gravity and base of support. Having the feet in a good position and stance lower to the ground will give a strong base and make it hard to get pushed off balance.

**One Leg Balance**

Get participants standing in a circle.

Ask them to balance on one leg.

Ask them to be wobbly like a noodle and still balance on one leg

Ask them to stand on one leg and close their eyes

Open eyes and now shack head from side to side and stay balanced

Repeat these drills on both sides.

**Balance Beam**

On a 2 x 4 length of timber get participants to walk forward without falling off.

The get them to try walking backwards

Next walk hallway out and turn around (Pivot) to change direction and walk back

Next get them to walk the beam but have objects to step over and under

Get them to carry a light object in their arms and walk the beam

Get them to walk sideways across the beam.

Get them to do a lunge on the beam

**Beam Battle Game**

Have to participants on the beam facing each other. On Go they try to know each other off beam by gentle taps and pushing, they get a point for each time their opponent comes off the beam, this can be a best to 3 game.

**Stepping Stones**

Participants have to make their way across the room using stepping stones of all different shapes, sizes and textures. Feet much not touch the floor.

**Bench Throw and Catch**

In pairs one person stands on the bench the other on the ground. They throw a beanbag back and forth to each other. Ask the person on the bench to stand on one leg while throwing and catching. Get pairs to change places.

To advance this turn the bench upside down and use the supporting beam of the bench to stand on.

**Musical Hoops**

Have a number of hoops on the ground. While playing music have the participants move around the area. Once the music stops, participants have 10 seconds to get into a hoop (feet cannot be touching the floor outside the hoop). More than one person can stand in a hoop.

The idea of this game is to get more and more people into the hoop and balancing on one leg, creating teamwork, balance and counter balance. Try not to have anyone knocked out.