



## THINKY- CONCENTRATION BALANCING ACT

### INSTRUCTIONS:

1. Start the session with the children sat on the floor with a bean bag (or similar) each.
2. Then ask them to balance their bean bag on their head whilst sat down. How easy is it to balance it on your head whilst sitting down? What will make it harder?
3. Then ask them to stand up but without touching their bean bag and try to keep it balanced on their head! If they drop it, they just pick it up and try again.
4. Can they then take a little walk around keeping it balanced on their head?
5. Talk about what they found easy and difficult about the task?

### INSTRUCTIONS:

6. What can we do now to challenge ourselves?
7. Using the sports kit, get the children to design and set up a simple obstacle course for themselves. The only thing is, they must complete the whole course with their bean bag balanced on their head!
8. The concentration they will need to keep it balanced will be massive! Can they each complete the course without dropping their bean bag? Who can do it dropping their bean bag the least amount of times?
9. If it is too easy, can they make it more challenging for themselves? If it is too hard, what changes can they make to make it easier for themselves?

### EQUIPMENT:

- General Sports Equipment

#### **Health and Safety**

*Ensure the area is safe and free from hazards  
Supervision is advised when using equipment  
Remember to stretch before and after any physical activity*