

## GAMES #4

### STOP READY

**tip:**

Types of balance e.g. 1, 2, 3 point, using different areas of the body such as knees and elbows. Hold each balance for 3 seconds.

Mark out a grid or square in the playing area (garden/living room). Children stand around the outside of the area. On your command the children need to jog around the outside of the space (no overtaking).

On the call STOP children need to freeze and perform a shape or balance. Start the command again for children to jog around the grid.

#### **Extension:**

Children can sidestep around, jog backwards, different travelling movement and also change direction.