

## Day 8 – Balance



Miss Pringle's top tip: Don't use your hands and try to keep your body upright just like Mrs Carey.



# 13.5.20

- Time to test your balance grab 10 safe items that would be suitable for balancing on your head (pillows, soft toys, remote control etc) Set up a balance course and time how long it takes you to move all items along the course whilst keeping it on your head.



# BALANCE

MEDAL	SCORE
Gold	4 minutes
Silver	6 minutes
Bronze	8 minutes