



Balance Beam-Physical Movement

Aim:

To introduce participants to basic body movements and range of motions their bodies can perform.

Equipment:

Masking tape

Theory:

- Parent will demonstrate a method of movement
- Children will try to copy the movement
- Once a movement has been mastered, demonstrate another movement
- To make the activity more fun parents can time children performing each movement

Movements:

Hopping on one leg, skipping, jumping, walking (Backward and forward), jogging (backward and forward), sprinting (backward and forward), bounding, side step, crabbing side-to-side, karaoke step.

Have Fun, Be Active, & Try Athletics!

Visit www.athleticsireland.ie