

NUMBER BALANCE



GYMNASTICS

EQUIPMENT >>>

- ✓ Music (optional)

SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ At your signal, participants move around the activity area using different movements, such as running, hopping, walking, skipping, or galloping.
- ✓ After a minute, hold up a number with your fingers and signal for participants to stop and balance.
- ✓ The number held up indicates the number of body parts participants must balance on. For example, four fingers means a participant may balance on two feet and two hands.