



Tick once completed!

MEGA ACTIV BALANCING ACT



www.primarystars.co.uk

Players - Any number!
Equipment - None!
Space - Anywhere, any size!

1. Establish a playing area & players stand spread out inside the area. 1 player (Guru) is in charge of the game & the balance commands!
2. Players will need to move around the area, listen to the Guru's command & perform the correct type of balance.
3. The 2 balance commands are Point & Space: Point Balance = a balance using small areas of your body like hands, feet, knees or elbow; Space Balance = a balance using larger areas of your body like bottoms, legs tummies or arms.
4. Before the Guru starts the game, we suggest all the players practice a range of Point & Space balances.
5. This game aims to challenge your balance & flexibility! Be creative and push yourself to explore new actions!

GAME BOOSTS

Guru's may challenge players to reduce their points of contact with the floor
e.g. 2 points of contact with the floor!
Change the Guru regularly!
Take time to share your balance's with each other!

