

# STRIKE A POSE!



## Weekly theme: Balance

Activity Aim: Strengthen your core body and balancing skills

### How to play

1. Remove your shoes and socks
2. Choose a Level 1-5
3. Stand with your feet together, legs & back straight and hands by your sides
4. Get into the balance position as demonstrated in the picture. Make sure your foot is level with your knee, in a comfortable.
5. Press your hands in the correct position for your chosen level
6. Press 'start' on your timer and focus on a point in front of you
7. Record the time you held the position for and level of each attempt
8. Repeat the balance on the other leg
9. Submit your final 3 attempts, as a combined time, for both your left and your right leg

### Where to do this

Anywhere, indoors or outdoors. Ensure the space is clear of any clutter or noise

### What equipment is needed

Timer (tablet, phone or stop watch). For levels 3-4; cushion(s) or a balance board

### Who can get involved

It's an individual activity, but can be made competitive against your family/class to beat each others time



Complete the level most suitable for you

### Level 1

Struggling with balance? Prop yourself up a little by lightly placing a hand on the back of a chair

### Level 2

Place your hands together, and move your arms up above your head

Submit your results by 21 June using this form [bit.ly/VSSG2020](http://bit.ly/VSSG2020)

### Level 3

Spin 3 times, and then count to 3 before standing on top of a small cushion and beginning the pose. Place your hands together above your head

### Level 4

Spin 4 times, and then count to 4 before standing on top of 2 small cushions and beginning the pose. Place your hands together above your head

### Level 5

Lift your right foot up & point the leg in front of you. Bend your left knee & squat as if you were sitting on a chair. Keep your back straight & place your hands together above your head



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# LEVEL UP



Make up a more creative and interesting version of this Activity and get an adult to share your Level Up idea on Facebook or Twitter tagging @ActiveSchoolsAS (ActiveSurrey on Instagram) using #VirtualSSG2020.

Ensure Active Surrey are tagged and the #VirtualSSG2020 has been used for the chance to win a £20 Amazon voucher - one Level Up idea will win each week.

Use the STEPS Principle below to change the Activity. Changing one or more of the five STEPS is a great way to turn an activity into something new or more suitable for you.

**S = Space      T = Task      E = Equipment      P = People      S = Speed**

## How can the School Games Values be displayed ?

The Surrey School Games encourages young people, families, schools and communities to think about what the Values mean and how you can embody and display them in your activity?



## Using STEPS, the below Level Up idea has been suggested. What creative ideas do you have?

Mix it up!

Change your balance position or point of contact that your body has with the floor! For example; sit on your bottom, with your arms and legs out straight to form a V-shape and hold your balance for as long as possible.

Be creative and you could be in with a chance to win a £20 Amazon voucher each week.



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