What you need

- 1 scatter mat per pair or a soft grassed area

What to do

- On ‘GO!’ pairs move freely around the room holding hands until they hear your signal.
- Call out combinations including any of the following: feet, bottom, shoulders, knees, hands, backs, elbows.
- Players find a mat and assume the position called, e.g. if you call out ‘THREE HANDS, TWO FEET!’ pairs form a balance with only these number of body parts touching the ground.
- Players hold their position for a set time, e.g. 10 seconds.
- Players must always be in contact with one another to maintain balance.

Change It

- Balance with a partner who is a different size.
- Introduce equipment (such as hoops, balls and bean bags) that must also be used in the balance.

Safety

- Make sure players are performing their balance on their mat or soft grass.
- Do not allow players to use their head as a balance option.

LEARNING INTENTION:

3 hands, 2 feet extends players’ ability to hold a basic shape and introduces making and holding shapes in groups, which is needed for many balancing activities. It can be followed by an activity such as Mini pyramids which further develop this skill.