

BALANCE & COORDINATION

TEACHER TALK

[Lesson 1 Sample Script]

Brain & Body Warm-Ups

Today is the first lesson in our Balance & Coordination unit and we're going to start by talking about Emotional Balance. Sometimes we get scared, mad, or just too excited about something and we need to get our minds and our hearts back to a good balance. When we have good balance we can stay in control of our actions and our words. It's helpful for everyone around us.

High-5 Breathing is a way for us to find emotional balance. As we breathe in and out, our minds and our hearts come back into balance. Let's give it a try now.

Purposeful Practice

Now that we've talked about Emotional Balance, it's time to talk about Physical Balance. Balance is 1 of the 6 components of skill-related fitness. That's right, it's a skill that we can practice and improve.

In order to find physical balance, we have to focus on how our weight is spread out over our bodies. That's why sometimes it's helpful to hold our arms out to the side as we try to balance on our feet or on 1 foot. By spreading out our arms, we can slowly adjust our weight from one side to the other. Let's try balancing on 1 foot and using our arms to help us stay steady.

Now that we understand what balance is, let's play a board game that will help us practice and improve our physical balance. Today's Purposeful Practice game is called Odd & Even Balance Rollers.

Just for Fun (and health)

Now that we've practice High-5 Breathing for our emotional balance and played a game for our physical balance, it's time to play a game for fun AND health.

Balancing while we're still is really important. But, balancing while we move is also important. We're going to play a game of Jumping Jello. As you jump, focus on your balance as you land. That means that when you land you should stay on your feet. If you're having trouble, try making sure your feet are about shoulder-width apart when you jump and land. You can also hold your arms out to your sides as a way to adjust your weight and improve your balance.

OK, move your jump ropes onto the floor in a circle. That circle is now a big bowl of Jello. Let's jump!

