



# Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

## Day 17 Physical Challenge – Static Balance seated

Reception / Key Stage 1 / Key Stage 2

How fast can you move ten items from one side of the body to the other and then back sitting down

**The aim of the activity:**

- To move ten items from one side of you to the other and back again.

**Activity:**

- Reception and Key Stage 1 children: Let them have their feet on the floor.
- Key Stage 2 pupils: should lift their feet off the ground and just have their bottom touching the floor.



### Body

- Sit down and have 10 soft items at your side.
- Reception and KS 1 children keep their feet on the floor, KS 2 pupils lift them off the floor.
- Start the stop watch as you pick up the first item.
- Pick up one item with one hand, swap it into the other and then place it on the ground the other side of you, continue until there isn't any more items that side.
- Then return each item back to the other side moving it from one hand to the other before you place it on the ground.
- Stop the stop watch when all items have been returned back to the starting position.

**Equipment required:**



Stop watch



Rolled up socks

**Adapting your equipment:**

- Stop watch – check a mobile phone to see if it has a stop watch.
- Items you could use are rolled up socks.

### Safety

- Use soft items such as balls, rolled up socks etc.