

Taking the Lunge Plunge

Maintaining a steady lunge. Can you score yourself accurately?

How to play

- Players travel around the play area (i.e. running, skipping, marching).
- On hearing the stop signal (whistle or music stopping) players stop and perform a steady lunge. Stepping forwards with one leg, placing the foot flat on the ground, front knee bent, back leg extended out to the back with a slight bend at the knee and onto toes, backs straight. Arms out for support if required. Players hold the balance until the go signal is sounded.
- Players score themselves 1, 2, 3, 4 or 5 for their lunge balance. 5 = strong steady balance and 1= very wobbly. Repeat the game three times. Individual scores are added and game is repeated with players aiming to improve their score each time.



Equipment

Music or whistle for stop and go signal.



Safety tips

Check ground is non-slip.

This activity links to the Change4Life Primary Sports Club Combat theme.

Challenging Me: Providing challenges and ideas to develop the whole player

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| Thinking Me | Create top tips for a steady lunge balance to help you to improve. |
| Social Me | Practise with partner or small group to review each other's lunge positions. |
| Healthy Me | Think about which part of the activity you enjoy the most and why. |
| Physical Me | Move around the play space at different speeds. |
| Creative Me | Create some new rules to improve the quality of the lunge balance. |

Great for playing...

- in Change4Life Sports Clubs
- at playtime/lunchtime
- at home



Making this game work in a small space

Players tiptoe around an area, in and out of tables and chairs if necessary and on hearing the whistle find space to take the lunge plunge.

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STEP: Making the game easier and harder and including ALL young people

SPACE Make play space bigger/smaller. Encourage wider or narrower lunge positions.

TASK Try with hands on hips, hands on head or arms out.

EQUIPMENT Use floor markers to help players place their feet. Use lively music to encourage different movements while travelling.

PEOPLE Travel in pairs, perform lunges and help each other to improve stability.