

Crab Statue

10

Hold your balance while your partner loads you up with beanbags.
How many can you balance at once?

How to play

- In pairs, one player kneels on all fours with stomach facing downwards or on all fours with back facing downwards and stomach facing the ceiling.
- The other player balances bean bags and balls onto the back (or stomach) of their partner, balancing as many as possible without them falling off. Kneeling player must keep a tight core (stomach). Time for 60 seconds.
- Their partner then calls out “left arm”, “right arm”, “left leg” or “right leg”.
- Kneeling player follows instructions, lifting and stretching out their right or left arm (like Superman) or their left or right leg, holding their balance and aiming not to drop any beanbags or balls.
- How many can they keep on their back/stomach? Swap over.



Equipment

Beanbags/balls various sizes, shapes.



Safety tips

Ensure playing surface is suitable for kneeling activity.



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

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

Thinking Me	Consider what you need to do to hold your balance for longer.
Social Me	Motivate your partner to encourage them to hold their balance.
Healthy Me	Discuss which part of the game you enjoy the most with your partner.
Physical Me	Try travelling with the equipment balanced.
Creative Me	Try balancing equipment of different shapes and sizes for added challenge.

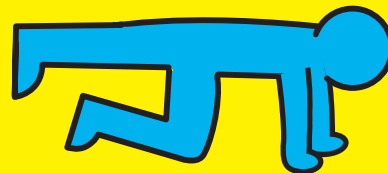
Great for playing...

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

Making this game work in a small space

This is great for small spaces. Create enough space for players to kneel and stretch arms and legs out comfortably.

Crab Statue 10



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

SPACE Place beanbags/balls a distance from the balancing player to encourage movement of object placing player to and fro.

TASK Play standing up on one leg, with arms out to the side, balancing beanbags and balls on all body parts available.

EQUIPMENT Use scarves, quoits, rolled up balls of paper, koosch balls, skipping ropes.

PEOPLE Using the same number of objects pairs can compete with each other to see who balances their equipment first and/or who can keep theirs on the longest when balancing on one leg or with one arm lifted.