

Balance - Level 2

2.1.5 Ring a Ring of Roses

Stand in a circle holding hands and move around singing the song “Ring a ring of roses”. On command tumble onto the mats and then jump up at the end of the song.

Purpose

To promote dynamic balance reactions when changing position.

Observation

Can they fall down in lots of different positions, using saving reactions?

Can they get up independently, varying how they do it?

Equipment

Mats