

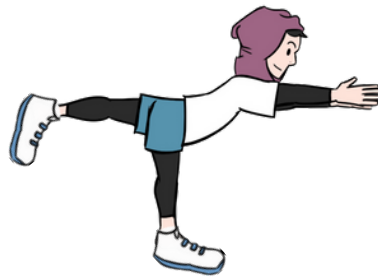
7th

It's a Cracker Skating Sensation



How to play:

- Ice skaters need exceptional balance.
- Pupils stand in a space on one foot. Can they reach down to the floor, pushing one leg out straight behind them and then standing back up without putting their foot down? Can they do this ten times on each foot?
- Can they start on one foot and hop a quarter turn to the same foot? Can they do this going around in a circle without putting their foot down? Repeat on the other foot.
- Can they stand on one foot and sit on a chair ten times without putting their foot down? Top tip: squeeze your muscles to help you to balance. Repeat on the other foot.



#ActiveAdvent

