

## BALANCE WARM UP ACTIVITY

The lesson that would follow this warm up would be a lesson on defense. In basketball, you need to have good balance when you are facing an opponent. The attacker needs to have good balance because they need to control the ball without being pushed off balance by the defender. The defender needs to have good balance because when they are defending they do not want to lose their balance when their opponent makes contact with them. The warm up would focus on establishing a low center of gravity and the lesson would also include this because it is very important to have a low centre of gravity when you are defending in basketball.

<b>Class: Grade 10</b>	<b>Lesson focus: Playing against defense</b>		
<b>Unit: Basketball</b>	<b>Equipment:</b> 16 Basketballs, 10 cones, football/rugby blocking pads		
<b>Lesson 5 of 8</b>			
<b>Learning outcomes: TSWBAT...</b>			
P: The student will be able to maintain their balance (in various positions) for 30 seconds while their partner attempts to knock them off balance.			
A: The student will be able to demonstrate safe behaviour and actions while participating in the various balance challenges.			
<b>Introductory Phase (include time)</b>	<b>Organizational arrangements</b>		<b>Teaching Points/Cues</b>
In the warm up, each student will have a partner (a group of 3 is allowed if necessary).	Students will be organized into pairs. We will be spread out so that each pair has a large amount of space around them so they don't bump into other groups.		•Groups should be spread out with about 2 meters between each group.  •Students should focus on maintaining balance by trying to keep a low center of gravity.
Partners will face each other. For each of the positions, the partners will try to knock each other off balance. We will be in each position for approximately 45 seconds. The positions are as follows:	X- Students  Gym:		
•“Crazy Bear.” Students will be in push-up position with their arms extended.		X	
	X	X	X
•“Flamingo.” Students will stand on one foot. After one round students will switch to their other foot.	X		X
		X	
•“Rooster.” Students will bend their knees and grab their ankles at the front.	X	X	X
	X		X
•“Crab.” Students will get into the crab walk position.		X	
•“Figure Skater.” Students will stand on one leg with their opposite leg extended in the air behind them.		X	
•“Wrestler.” Students will grasp opposite hands with their partner, have staggered feet and try to pull their partner off balance.			

Some safety concerns include the following:

- Students will be trying to knock each other off balance, so they will need to restrain themselves so that they don't injure their peers. This can be done by not using a large amount of force.
- When students do lose their balance, they should make sure to try to catch their balance again before they fall over.
- There are also potential safety concerns if the groups are too close together. Student safety could be compromised if two groups collide.

Preventative measures I will take:

- I will make sure to make the students aware of the potential hazards that come with trying to knock each other off balance. I will make sure to tell them to use gentle force when trying to knock their partners off balance so that we avoid injuries.
- I will make sure to remind the students to catch their balance when they lose it and not to fall right over.
- Lastly, I will make sure that the pairs of students are spread out so that they can perform the various balance challenges without bumping into other groups of students.

Note: I found many of my ideas for this warm up on Dale Sidebottom's YouTube page. I would encourage my peers to check it out because he has a lot of great warm up ideas for kids!