BALANCE PUZZLES

DIRECTIONS:

1. Explain the key to the students. Identify the various puzzle pieces and the parts of the body that they refer to.
2. Begin with a 2 or 3 part puzzle.
3. As a group, verbalize the different parts and how many of that part should touch the ground. Only the body parts on the puzzle touch the ground.
4. Have students hold the puzzle balance for a count of 3 and then stand.
5. After they are familiar with the pieces, do not tell the body parts out-loud. Have them do that aloud or just with their eyes.
6. After they are successful in a group situation, scatter the puzzles around the room and have them move at their own pace through them. If possible, stagger the students and puzzles so the students who need more time don’t feel rushed.
7. Use these in a Movement Center.

** Remember Do not put just 2 hands and head on a puzzle. That is asking for a hand-stand and many students are unable to perform this skill.
BALANCE EQUIPMENT: BALANCE PUZZLES

Construction:

The following balance puzzles can be made by cutting body part patterns according to the diagram and gluing them on construction paper. Use 11" x 14" construction paper to mount the various puzzles, and then laminate them to increase durability. Cut all LEFT parts out of black construction paper and all RIGHT parts out of white construction paper.