

# BALANCE FESTIVAL



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| EVENT / SPORT                                                            | Balance Bikes / Balance Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| DATE                                                                     | Thursday 25 <sup>th</sup> January 2024                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| TIME                                                                     | AM (10:00 – 11:30) or PM (13:00 – 14:30)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| VENUE                                                                    | Redcar Leisure Centre                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| School Games Value                                                       | <b>PASSION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| INTENT                                                                   | Healthy Me                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| LEARNING OUTCOMES                                                        | <ul style="list-style-type: none"> <li>• Develop core strength to improve balance</li> <li>• Try new activities in unfamiliar surroundings</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>What type of children would we like to engage in this experience?</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| AGE GROUP                                                                | Reception                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| GENDER                                                                   | Open                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| TEAM / GROUP SIZE                                                        | Schools can bring 1 class / approx. 30 participants.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| ADDITIONAL INFO                                                          | All reception age children to develop core strength to support their development and essential balance skills.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Full Event Details</b>                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| EVENT TYPE                                                               | Festival                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| EVENT FORMAT                                                             | <p><b>EVENT FORMAT:</b><br/>This is a fun, enjoyable festival designed to develop the children's ability to balance. Some activities will be on balance bikes, supported by RESSP's Bikeability Instructors. Other activities will use various equipment to enhance their core strength and balance skills.</p> <p>All activities will be set up in advance and all equipment provided – sports leaders will lead the activity with the support of your sports leaders (if you have any) and school staff. Activities are likely to include:</p> <ul style="list-style-type: none"> <li>• Balance Bikes – Slalom / Velodrome / Gliding</li> <li>• Steady as you go / Swipe &amp; Swap / Jump, Step / Twist &amp; Pass / Stamp &amp; Slide / Balance Benches / Obstacles</li> </ul> <p><b>TEAM / GROUP INFORMATION:</b></p> <ul style="list-style-type: none"> <li>• Schools can bring a full class or up to 30 children from Reception.</li> <li>• Schools will rotate around a carousel of activities, within their school group.</li> </ul> |
| VENUE INFO                                                               | This event will take place indoors within a busy sportshall so may be noisy, as activities will be set up across the whole of the space. School groups will stay together as you rotate around the activities. Toilets will be open - please bring adequate staffing to support your school group and supervise toilet trips as the building will be open to the public.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| EQUIPMENT                                                                | No equipment required. Due to limited space within the sportshall please keep belongings to a minimum where possible e.g. coats / water bottles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| WHAT'S NEW?                                                              | <b>Opportunity for Reception to try balance bikes outside of school in a new environment.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| NO SPECTATORS                                                            | Sorry no spectators at events this year.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |