**The Boat (Mini Yo!)**

Sit on the floor with your feet flat on the ground

Pull stomach in tight and keep back straight

Put hands on the floor behind your bottom

Lift feet off the ground (the lower and the straighter your legs the harder)

If you can, lift your hands off the floor and hold them straight out in front of you

Hold the position for a short while

Pretend you are in a stormy sea and the boat capsizes to the one side

The boat manages to float back to normal

It capsizes the other way

It manages to float back to normal again

Pretend to row the boat, moving arms back and forth out to the side

Throw your anchor overboard and dock (put your hands and feet down)

**Benefits**

This develops balance and core strength.

PTO:

**S.T.E.P. into Year 1:**

S - Set up spots on the floor across a greater area, so that the children travel between the boat exercises.

T - Create an active story about a stormy sea adventure. Create more moves for mermaids, pirates, etc. Make up actions that do not just develop core strength, but include the boat

movements.

E - Can the children do it while holding a ball? Any other equipment?

P – Can they do it to create a cannon movement (Dance)? Can they create an active story themselves including the boat?

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**