

# TRY IT TUESDAY

## Balance and Flexibility!



Foundation

On Tuesdays we want to share some of our Let Them Play Officers' games for you to try at home with your family.

## This week it's Balance and Flexibility



To watch the video, type the following link into your browser address bar:  
<https://youtu.be/vSQgGKgFdil>

All you need is some space and an empty cereal box

- Can you complete Coach Francis's balancing tasks?
- Are you flexible enough to pick up the cereal box with no hands?  
Keep removing more of the box to see how far you can go to get it

**LET THEM PLAY**