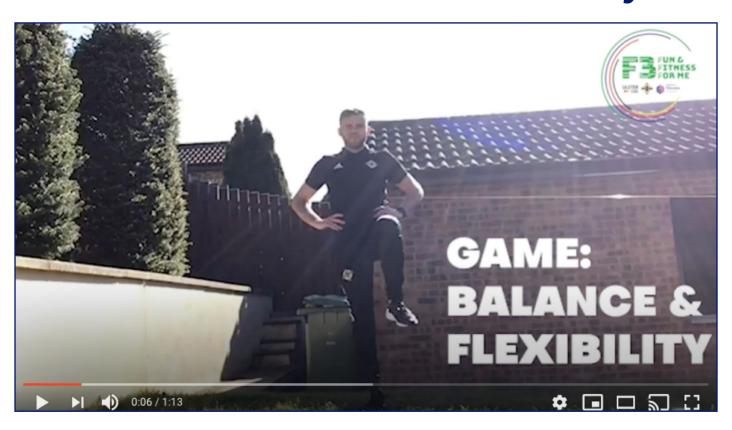
TRY IT TUESDAY Balance and Flexibility!



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

