

## **BALANCE CHALLENGE**

**Fourth Grade**

**Planned Number of Participants: 400**

**Classroom Coordinator:**

**Holiday Fair Contacts:** Kimberly Martin – 720-231-7071

Matt Woodhull – 630-272-2926

**Children go through a course that challenges their physical coordination and balance.**

### **Materials:**

- Tape
- Sharpie
- Long and short balance beams
- Balance boards
- Balance board with marble track
- Balls, mats, and other fun stuff
- Play stands

### **ROOM SET-UP**

The Balance Challenge will be held in the High School Music classroom this year. This room will be ready to set-up by 3pm with the goal to finish by 5:30pm on Friday, December 1st. The Class Coordinator is responsible for leading volunteers in the set-up of the room.

**Note:** This activity has no strict model of how the course/activities should be set. Think creatively and have fun!

1. Grab a sharpie and some tape and go to various classrooms to find the materials listed above. Before you leave the classroom, write on a piece of tape the name of the classroom and adhere it to the piece of equipment.
  - a. Make sure the tape is adhered to a place where the name will not get rubbed off during the activity.
2. Create a path with the balance beams around the perimeter of the room.
  - a. Slide mats under the balance beams.
3. Place balance boards and balls in the middle of the room, making sure to spread them out so each child will have enough room.
4. Retrieve 2 to 3 chairs for volunteers to use. Place one at the entrance with a desk/table for the volunteer greeter.
5. Test out the set-up to make sure it is easy enough for children under the age of 7 with some elements of interest for children up to age 10.

6. Once the room is completely set-up, please find the Children's Activity Chair and ask for the sign to hang on the door, indicating that the room is set-up.

## **INSTRUCTIONS FOR ROOM VOLUNTEERS**

- **PLEASE ARRIVE ON-TIME FOR YOUR SHIFT!**
- Greeter – one volunteer needs to stand at the entrance to check each child in by asking what grade the child is in.
  - **If the child is 2<sup>nd</sup> grade or younger, the parents must stay with the child during this activity.**
  - **Please advise the parents.**
- Check the child's activity bracelet.
  - BLUE bracelets are unlimited activity passes and the child can be let in with no further action.
  - SILVER bracelets are 3-activity passes. Place a single sharpie line mark on the child's silver activity bracelet. Silver bracelets can only have up to 3 sharpie marks. If the child is out of passes for activities, they may be directed to the front desk in the main lobby to purchase more children's activity bracelets.
- Keep track of each child with a tally mark on a sheet of paper.
- Facilitate the activities and provide support.
- Watch children as they go through the course to ensure their safety.
- Notice how many people are in the room and the number of children participating in the activity so we can decide on the best occupancy number for the room.
  - If the room seems really full, implement the process of 1 child out, 1 child in.
- Write down any thoughts or suggestions on improving this activity for the following year.

## **CLEAN-UP PROCEDURES**

Children's Activities close at 2:45pm, though there will certainly be some finishing their projects after that time, the clean-up process can begin then. All Children's Activities rooms must be cleaned and back to their original configuration by 5pm on Saturday, December 2<sup>nd</sup>.

- Return all equipment to its proper location.
- Sweep/vacuum.
- Pick-up trash. Dispose of all trash bags in the dumpster outside the school.
  - Large trash bags are available in the front office.