

## Welcome to Fizzy's Training Games

### Balance Level Two

There are three levels to the balance training games and this is level two. Play the games in any order until you are good at all of them before going on to level three.

Tick the boxes at the bottom of the page when you can do each game well. The games should be fun and are intended to be flexible, for example they could be played daily for 10 minutes or twice a week for 15 minutes.

#### Equipment list

2 medium balls  
Mat  
Bench  
Beanbags  
Blindfold

#### Suggestions for leisure activities

- Swimming / Water play
- Tumble Tots
- Judo / Karate
- Trampolining
- Gym clubs
- Dancing
- Horse riding

#### Further helpful suggestions: (To be completed by your therapists)

It may be useful to use a marker on the floor to keep the trainee at a measured distance.

**Trainee:**

**Name:**

**Your Therapists:**

**Name:**

**Telephone:**

**Name:**

**Telephone:**



**If you have any comments or queries then please contact:**

**The Therapy Department  
Vranchoe House  
Pinhoe Road  
EXETER  
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**01392 468558**

Leaflet code: 0111

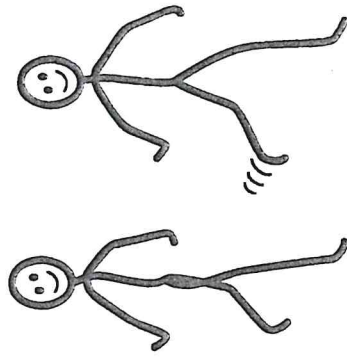
Date of Publication: May 2008

Date of Review: May 2009



## Fizzy's Training Games: Balance Level Two

Balance  
Level Two



### Level Two

A programme compiled by  
Occupational and Physiotherapists.

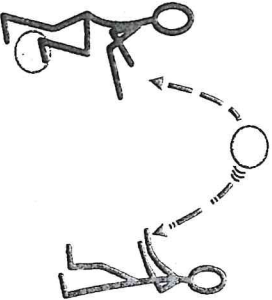
Advice for  
parents, carers and education staff.

Your name: \_\_\_\_\_

**Balance**  
**Level Two**

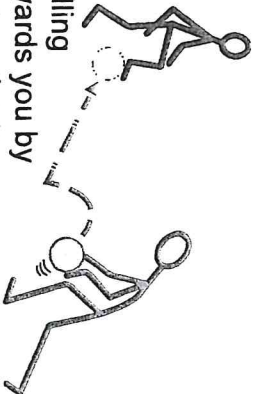
**1**

Stand with one foot on a small soft ball and try to throw and catch a ball with your partner.

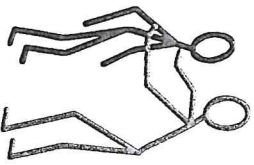


**2**

Try to stop a rolling ball coming towards you by placing your foot on the top.



**3**



**Play statues:** Keep very still while your partner gently tries to move you. Try these positions.



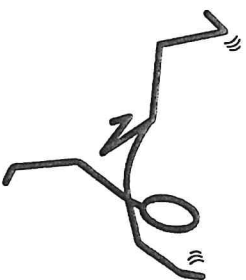
Swap over legs.

Tick each box to record your progress

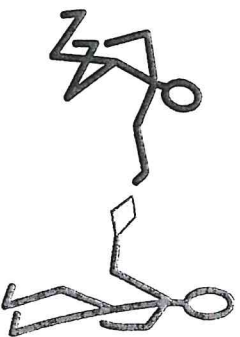
1 2 3

**4**

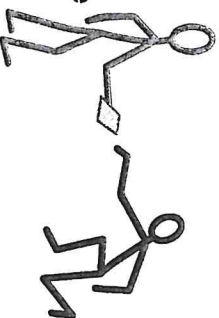
Try to keep still and balance on different parts of your body for as long as you can. Start with kneeling and then try raising one arm and the opposite leg.



**5**



Reach for a beanbag in a kneeling position. Gradually increase the distance, then try half kneeling.



**6**

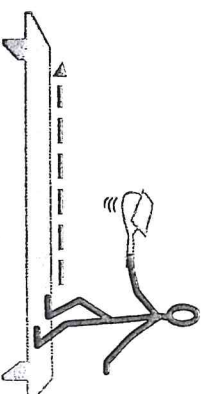


Walk along a bench.

4 5 6

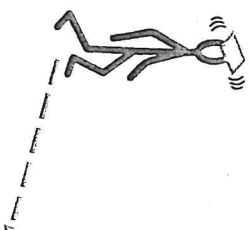
**7**

Walk along a bench, balancing a beanbag on a bat. Keep watching the beanbag.

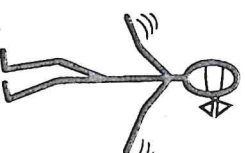


**8**

Try walking along with a beanbag on your head. Don't look down.



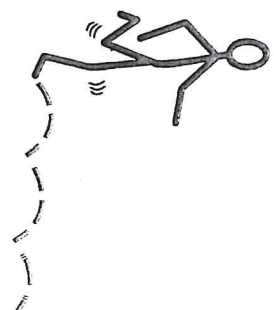
**9**



Walk in a line, as straight as possible, heel to toe - eyes closed, or wear a blindfold. **NO PEEPING!**



**10**



Hop on either leg.

7 8 9 10