



Vranch House

IDEAS TO IMPROVE BALANCE SKILLS

Static Standing Balance on 2 feet

- ❖ **Suspend a sponge ball from a height with space around, with the ball at chest height in a small soft cloth bag or similar.**
 1. Stand in a large hoop, feet apart. Maintain balance while avoiding the swinging ball.
 2. As in (1.) using a smaller hoop
 3. As in (1.) standing in 2 chalked footprints
 - a) 10cm to 15cm
 - b) Footprints side by side touching
 - c) Footprints toe to heel
 4. As in (3.), stand on a large beanbags

- ❖ **Balance on tip toes for 5 to 10 secs.**

- ❖ **Balance in a squat position on tip toes for 5 to 10 secs.**

- ❖ **Stand on a wobbleboard**
 1. Stand and transfer weight from one leg to the other
 2. Balance for 10 to 20 secs without falling off
 3. To make this activity harder, throw and catch a ball.

Static standing balance on 1 foot.

- ❖ **Use 2 tables or desks, about a shoulder width apart. The child stands between them, feet slightly apart, one hand supported on each table. The child lifts each foot alternately, as the helper places wooden block or similar under each foot in turn (Different height blocks can be used.)**
 1. Child to look down
 2. Child to look ahead
 3. Progressively delay the instructions on placing the foot, so that the child balances longer on one foot.
 4. The child uses one hand on each table for support
 5. The child uses one hand on one table for support
 6. The child uses one finger on each table for support
 7. The child uses one finger on one table for support
 8. The child performs the activity without support
 9. The child balances on either foot on request.

❖ **Balance on one foot.**

1. Balance unaided for 5 secs on each foot
2. Balance unaided for 10 secs on each foot
3. Balance unaided for 5 to 10 secs on sand, foam, cushion, skipping rope etc. on each foot.

❖ **Stand on one foot**

- a) Move a football with left foot side to side, forwards and backwards etc. repeat on other foot.
- b) Gently kick ball with control on the left and then right foot.
- c) Standing on one leg reach down and pick up or move objects e.g ball, beanbag and sponge. Repeat with other foot.

Dynamic standing balance

❖ **Giant steps**

1. Giant steps into hoops
2. Giant steps into hoops, pausing at each step
3. Giant steps into hoops, stopping at each step for a count of 3 to 5 secs.

❖ **Stepping stones/beanbags/ropes placed in different patterns (e.g. in a line, in a curved pattern, in a zigzag pattern)/ step between rungs of ladder on ground.**

1. Pause for a count of 5 on each stepping stone.

❖ **Walk along a bench**

1. Walk along upturned bench.
2. Walk along bench on toes.
3. Walk along bench, full turn, dismount.
4. Step over two small obstacles on bench.

❖ **Walk along rope in straight pathway**

1. Walk along rope in curved pathway.
2. Walk along rope in zigzag pathway etc.
3. Walk in between ropes or lines 50cm apart and then closer together.

❖ **Walk backwards**

1. Walk backwards on line, rope etc.
2. Walk backwards along bench.
3. Walk backwards heel to toe along line, rope etc.
4. Walk backwards heel to toe along bench.

❖ **Balance objects on hands**

1. Walk 2 to 4 metres balancing a beanbag on back of one hand/both hands, head.
2. As (1) balancing beanbag on a short handled bat (e.g table tennis).
3. As (1) balancing small sponge ball, shuttlecock etc on bat.
4. Walk and balance objects as above and then turn, walk backwards, walk along bench etc.

❖ **Balance on different body parts e.g**

1. Knees
2. Half kneeling
3. Hands and knees
4. Counterpoise position
5. On tummy in dish shape
6. Simon says game in kneeling, half kneeling positions.
7. Ball games in kneeling and half kneeling positions

❖ **Jumping**

1. On spot on floor, feet together.
2. Half turn, full turn etc.

❖ **Hopping, skipping – please see additional information sheet**

Games

1. Hopscotch
2. Simon says
3. Skateboard activities
4. Spacehopper activities
5. Trampoline activities
6. Twister
7. Musical statues
8. Adventure playgrounds, swings, climbing apparatus etc.