



Fine Motor: 4- Balance

Balance is an important consideration when looking at a Student’s ability to sit well for handwriting.

It is important for all Students to sit properly when writing. Being seated properly gives a child good stable posture from which they can develop their handwriting. A well supported trunk is essential for good shoulder control. Students who have difficulty with their movement can find it very difficult to sit comfortably or with stability. It is even more important for these Students to get their posture right to help them develop handwriting.

Students who like or need to move, may benefit from adding in some balance activities, when developing their postural core ability.

SEATSS has a dedicated website section providing over 60 videos, photos and practical ideas to help you create a varied programme of intervention and support.





<http://redbridgeserc.org/resources/category/balance-activities>

Some ideas to get started

EASY

You can download the whole ‘Easy’ pack from here;

http://redbridgeserc.org/uploads/factsheets/Balance_activities_-Easy_2.pdf




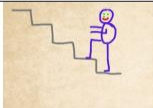
Balance activities		
Easy	Place PE or yoga mats in a row. Ask the student to walk along them.	
Easy	Turn PE/yoga mats over and ask students to walk along the mats on the bumpy side.	
Easy	As above but under the mats place ropes, bean bags, PE ropes etc to make the surface uneven.	
Easy	Walking with bean bag on your head. Gradually increase the complexity of the route you ask the student to follow.	



MEDIUM

You can download the whole 'Easy' pack from here;






http://redbridgeserc.org/uploads/factsheets/Balance_activities_Medium.pdf

Medium	<p>Mark out a pathway using masking tape or lay down PE ropes. Start with the pathway having about 60 cm apart, and then gradually decrease the distance between the tape/ropes. Ask the student to walk along the pathway on tip toes, sideways, backwards.</p> <p>Make the pathways more complex by adding twists and turns. Repeat above but on PE mats turned over (bumpy side)</p> <p>Repeat above but on PE mats with small objects underneath (beanbags etc).</p>	
Medium	<p><u>The blindfold challenge</u></p> <p>Mark a straight line out on the floor (use masking tape or chalk). Ask the student to walk along the line heel to toe.</p> <p>Ask the student to close their eyes and see how far they can walk along the line.</p>	
Medium	<p><u>Stretchy dog</u></p> <p>Ask the student to kneel on all fours. Ask student to lift one straight arm forwards, and repeat with the other arm.</p> <p>Lift one leg and straighten it, repeat with the other.</p> <p>Lift one leg and the opposite arm; hold a strong shape, trying not to dip your back.</p> <p>Try with eyes closed or a beanbag balanced on their head.</p>	
Medium	<p><u>Stairs step</u></p> <p>Step on /off the bottom stair (off backwards). How many can you do in a minute?</p> <p>Step on, and jump off backwards.</p> <p>Jump on, and jump off backwards.</p>	

HARD

You can download the whole 'Easy' pack from here;

<http://redbridgeserc.org/resources/entry/balance-activity-ideas-hard-activities>

Hard	<p>Ask students to walk along a bench forwards, backwards, sideways, on tiptoes.</p> <p>Repeat, but walking along a bench with beanbags on it.</p>	
Hard	<p><u>Balance beam advanced</u></p> <p>Walk along a bench with a beanbag on your head, and one on each outstretched arm.</p>	
Hard	<p>Ask the student to walk along a straight line marked on the floor, heel to toe backwards balancing a beanbag on their head.</p>	
Hard	<p>Walk along a bench backwards</p>	
Hard	<p><u>Hoop Hopscootch</u></p> <p>Place 7 hoops in a hopscootch formation. Pupils jump into the first hoop with two feet together, and then jumps forward placing one foot in each hoop. Repeat until the end.</p> <p>Pupil throws a beanbag into a chosen hoop, and hop/jump until they reach it.</p> <p>Pupil throws 3 bean bags into the hoops one at a time. Pupils to choose how they move through the hoops to collect them; i.e. jump or hop.</p>	

Check out our You Tube channel- <https://www.youtube.com/channel/UCYvQ3ULh0WWJAYVzcV7xZoQ/playlists>

The screenshot shows the YouTube channel page for 'Redbridge Seats' with 59 subscribers. The page is organized into a grid of playlists under the heading 'Created playlists'. The playlists are:

- ipads**: Updated yesterday, 1 video.
- Speech and Language**: Updated yesterday, 2 videos.
- Visual impairment**: Updated yesterday, 1 video.
- ASC/ ASD/ Autism/Social Communication**: Updated today, 3 videos.
- Medical needs**: 1 video.
- Hearing Impairment**: 5 videos.
- Emotional support and Behaviour**: 4 videos.
- Communication and Signing**: 2 videos.
- Physical Disability**: 1 video.
- Sensory videos**: 1 video.
- The Girl player**: 5 videos.
- THE VALUE OF VISUAL**: 9 videos.
- Mariangela**: 3 videos.
- STAFF MEMBER OF THE MONTH**: 6 videos.
- A YOGA MEDITATION**: 7 videos.



Website:
www.redbridgeserc.org



Email:

You will find a variety of Fine and Gross Motor videos here.

https://www.youtube.com/playlist?list=PL7MVghDNLeJz-IOEzJCxolM8n0v4wi_O

We have a wide range of handwriting and motor skill advice videos on our website www.redbridgeserc.org