






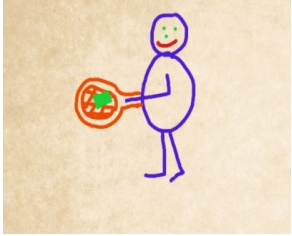

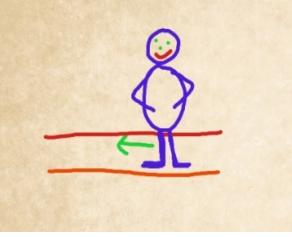




## Balance activities

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.	
Easy	<u>One leg standing</u> Stand holding onto the back of a stable chair. When ready stand on one leg ensuring weight is over the ankle. Build up to 1 min for each leg.	
Easy	<u>Box balance</u> Stand with one foot on a box and throw and catch a ball/bean bag with a partner. Swap legs.	
Easy	<u>Follow the path</u> Tape a route out on the floor. Sit on the floor and 'walk' by shifting weight over hips. Then try squat walking along the path.	

<p>Easy</p>	<p><u>Pancake day</u> Give a student a beanbag and tennis racket. Ask the student to balance the beanbag on the racket and move slowly around the room. Then repeat when walking along a bench. Repeat balancing a bean bag on your head.</p>	
<p>Easy</p>	<p><u>Balance Ball</u> Tie a ball on a length of string. Ask pupils to lie on their back and try to hit it x 10 using alternate hands or feet.</p>	
<p>Easy</p>	<p><u>Balance walking</u> Student to walk between two ropes on toes sideways, backwards, forwards. Start with the ropes 50 cm together and then slowly decrease the distance between the ropes. Repeat, but place in a row of mats that have uneven surfaces.</p>	

These activities have been prepared by Newbridge Outreach.  
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