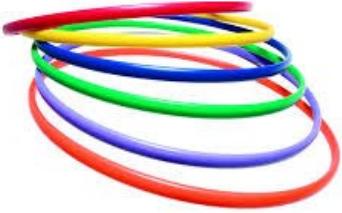
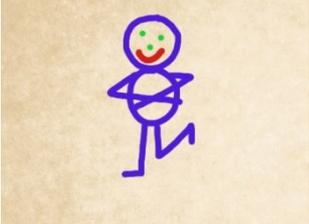
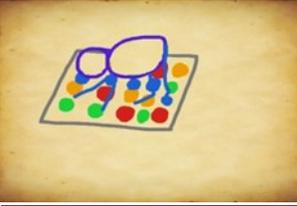




Balance activities

<p>Hard</p>	<p>Ask students to walk along a bench forwards, backwards, sideways, on tiptoes. Repeat, but walking along a bench with beanbags on it.</p>	
<p>Hard</p>	<p><u>Balance beam advanced</u> Walk along a bench with a beanbag on your head, and one on each outstretched arm.</p>	
<p>Hard</p>	<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>	
<p>Hard</p>	<p>Walk along a bench backwards</p>	
<p>Hard</p>	<p><u>Hoop Hopscotch</u> Place 7 hoops in a hopscotch 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. Pupil throws a beanbag into a chosen hoop, and hop/jump until they reach it. 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>	

Hard	Stand on one leg with arms folded. Repeat with eyes closed How long can you balance?	
Hard	Place PE hoops on the floor. Ask the student to hop from one hoop to the other not touching the hoops or placing foot down.	
Hard	Hopping: - forwards - backwards - sideways - 4 hops forwards and 3 hops back etc	
Hard	<u>Cross arms</u> Stand on one leg with your arms folded. Now close your eyes and count for how long. Swap legs. Stand on one leg, arms folded on a squashy mat. Swap legs.	
Games	Hopscotch Twister Wii Fit balance board Yoga Xbox Kinect Trampoline Outdoor play equipment in park Stilts - these can be bought in toy shops and Pound shops	
You could also download our FREE balance ball pack and balance board pack found on our website.	Surfing - I found this great idea on Pinterest; http://starfishtherapies.wordpress.com/2012/08/28/fun-way-to-work-on-balance-reactions/	

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