



Ways to use an exercise ball to help development

- **Seated at a table**

Ask the student to complete a series of simple table top activities while remaining sitting on the ball.



- **Watching TV/ Listening to a story**

Ask the student to sit and keep their balance while watching TV / listening to a story. Ensure there is sufficient space around the student and ball.



- **Back to back**

Ask the student to stand back to back with you/another student. Hold the ball in two hands at waist height, then pass to your partner - this involves a big stretch in trunk etc. Repeat as fast as you can without dropping the ball.



- **Reach to the stars**

Stand with legs hip-width apart. Hold the ball between both hands, pull in tummy muscles and then slowly lift upwards over their head - hold for a count of 5 and then slowly lower down.



- **Bend over and pick up**

Slowly lower the student over the ball, so their head tips forwards. Place simple jigsaw/game in front of the student, encourage them to gently lean forwards over the ball to complete the jigsaw. You may need to hold the students' feet/hips etc to help stabilise themselves.



- **Touch your nose**

Have your child lay his stomach over the exercise ball with feet on the floor spread more than shoulder width apart behind the ball and hands placed behind the head; lean forward touching your nose to the exercise ball (or as close as you can get) and then bring yourself back up, focusing on keeping your back straight, making a line with your entire body.



- **Superman**
Lay over the ball on your tummy, with hands and feet touching the ground to stabilise themselves. On request lift up both arms, alternate arms and legs, arms out the front (like Superman flying) etc



- **Back lifts**
Ask the student to lay flat on their back with legs out straight. Position a small ball (lightweight plastic football) between their feet. Ask them to squeeze the ball between their feet and try to lift the ball up as they lift their legs up together, and gently lower down.



- **Hip up**
Ask the student to lay down flat on their back with their heels resting upon the balance ball (legs straight and together). Ask them to lift their hips to see if you can roll a small ball/drive a car under and then gently lower. Start with small size ball.



- **The Stork**
Ask the pupil to sit on the ball ensuring their hips and legs are at 90°. Once they have established their balance, ask them to lift up one leg off the floor and hold it for the count of 5-10 secs. Repeat with the other leg.



- **All sit down**
Have your child place the ball between their lower back and a wall, then slowly squat until their knees are at 90°. Keeping their core muscles tight; they should then push back to an upright position.



- **Walk the plank**
Once the student has obtained their balance, ask them to 'step' their hands forward one step and then move backwards. Gradually increase the steps taken.



- **Video's showing you a wide range of exercises**

<http://www.youtube.com/watch?v=dj74SLogCWY>

<http://www.youtube.com/watch?v=9yXZrtsHc9I>

<http://on.aol.com/video/fitness-for-kids---resistance-ball-activities-163402768>

- **A wide range of team games using exercise balls- small group activities**

<http://www.flaghouse.com/PDF/TherapyBalls.pdf> download this PDF

<http://www.fitter1.com/assets/pdf/ballexercisechart.pdf> you can download a free exercise chart here.

Please ensure;

- **students are never left unattended**
- **Parental permission has been obtained**
- **Advice is sought from Physiotherapist if a student has an underlying medical condition.**