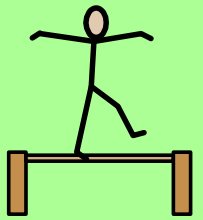


Fizzy Kids - Balance

Activities to Develop Balance, Core Strength and Stability



Balance 1

Your name: _____

Balance Level One

1

Stand with your foot on a box and throw and catch a ball or beanbag with your partner. Also try swapping legs.



2

Kneeling



Starting position



Hands and knees



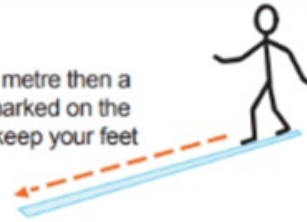
Play statues: Keep very still while your partner gently tries to move you. Try these positions.

Tick each box to record your progress

1 2

3

Walk along a 5 metre then a 10 metre line marked on the floor. Can you keep your feet on the line?



4



Throw and catch a ball with your partner from a half kneeling position.

Try 10 throws without dropping them, then try 20 throws.

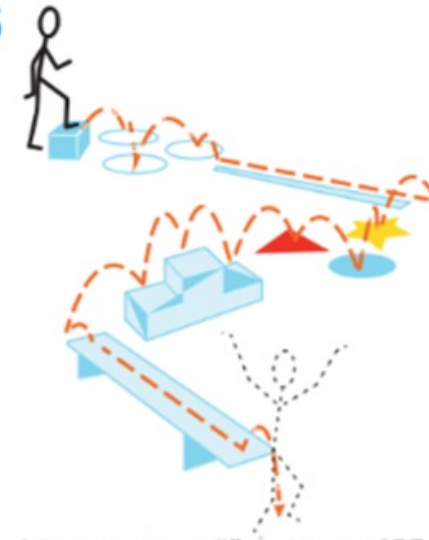
5



Stepping stones: Walk along a route placing your feet onto coloured shapes or into hoops. Vary the distances and directions of the stepping targets.

3 4 5

6



Step into, onto or over different types of PE equipment. Use any of these to make up a small obstacle course.

7



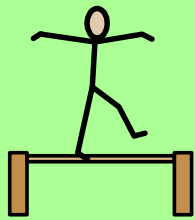
Balance on one leg. It helps to hold your arms out.

How long can you balance for?
What is your record (in seconds)?

6 7

Fizzy Kids - Balance

Activities to Develop Balance, Core Strength and Stability



Balance 2

Your name: _____

Balance Level Two

1

Stand with one foot on a small soft ball and try to throw and catch a ball with your partner.



2

Try to stop a rolling ball coming towards you by placing your foot on the top.



3

Play statues: Keep very still while your partner gently tries to move you. Try these positions.



Swap over legs.

Tick each box to record your progress

1 2 3

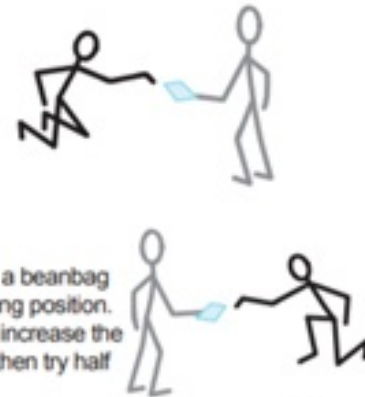
4

Try to keep still and balance on different parts of your body for as long as you can. Start with kneeling and then try raising one arm and the opposite leg.



5

Reach for a beanbag in a kneeling position. Gradually increase the distance, then try half kneeling.



6

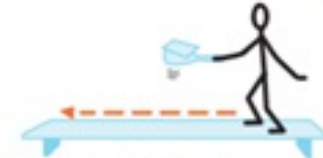
Walk along a bench.



4 5 6

7

Walk along a bench, balancing a beanbag on a bat. Keep watching the beanbag.



8

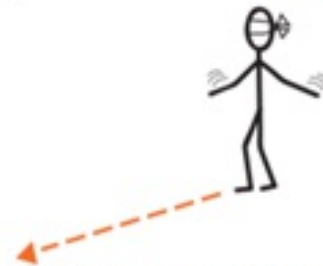
Try walking along with a beanbag on your head.



Don't look down.

9

Walk in a line, as straight as possible, heel to toe - eyes closed, or wear a blindfold. NO PEEPING!



10

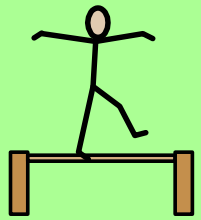
Hop on either leg.



7 8 9 10

Fizzy Kids - Balance

Activities to Develop Balance, Core Strength and Stability




Balance 3

Your name: _____

Balance Level Three

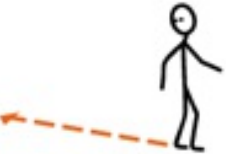
1

Statues: Stand very still on one leg while your partner gently pushes you. Also try with the other leg.



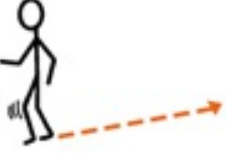
2

Walk toe to heel backwards in a straight line. You can look to see where you're going.




3

Walk backwards toe to heel in a straight line without looking. Then try with a beanbag on your head.



4

Walk backwards on a bench.




Tick each box to record your progress **1 2 3 4**

5

Stand on one leg with your arms folded.

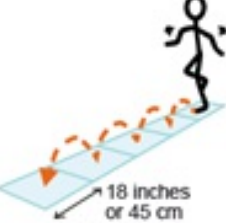
Try it with your eyes closed or use a blindfold.

Also try it on a squashy mat.



6

Hop with one leg into 5 squares marked out on the floor. Do not touch the lines. Swap leg.




18 inches or 45 cm

7

Do 4 hopstop.


Now try hop and stop, hop and stop, keep going for as long as you can.



8


Hopping: How far in metres, can you hop forwards, backwards and sideways?

Now try hopping in different directions called out by your partner.



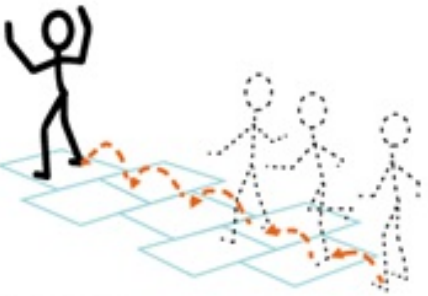
9

Play Twister



10

Play Hopscotch



8 9 10