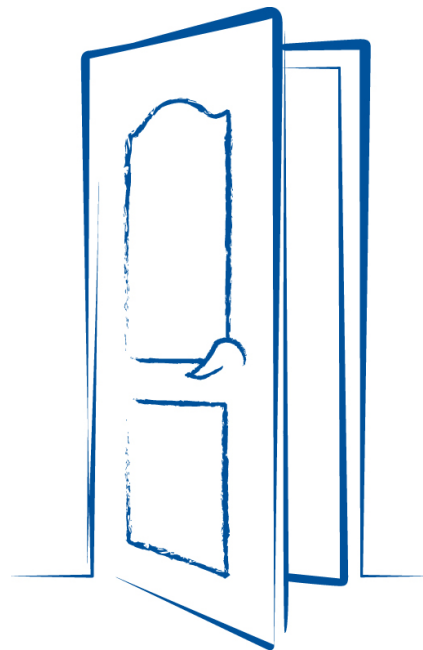


Balance & Co-ordination Activities for Primary School Aged Children



Introduction

- © The following activities aim to help your school aged child improve their balance, stability and co-ordination

Stepping Stones

Practicing stepping stones as part of an obstacle course is a good way to challenge my balance, you can start with them close together and then move them further apart as my balance improves

- Also try getting me to stand still on a stepping stone while we play throwing and catching games, this will help me to learn to use all the little muscles in my feet and legs to balance.



Stepping over and stepping up

Stepping over low obstacles on the floor will help to develop my balance

- Stepping up will help to develop my balance and strength.



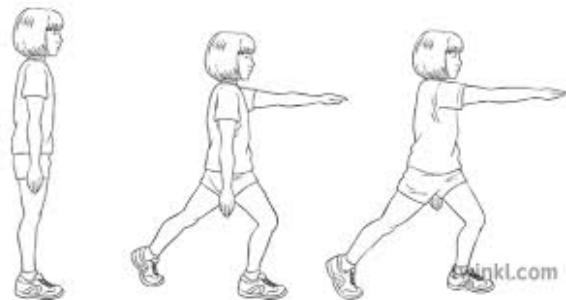
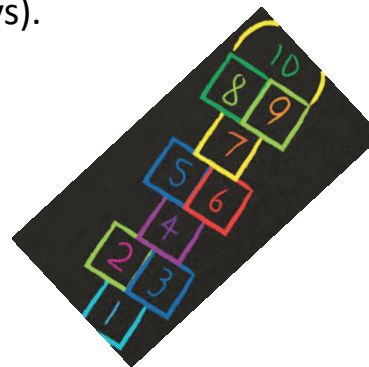
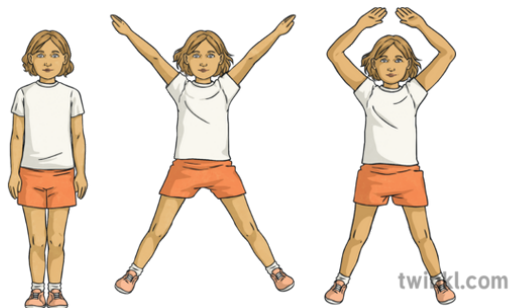
Challenging Walking Balance



- Challenge my walking by encouraging me to walk across an obstacle course of pillows, duvets, cushions and other soft/squashy objects. Let me hold your hand at first if I need to then gradually decrease the support given.

Co-ordination Activities

Encourage your child to copy you and practice activities such as hop-scotch, star jumps and spotty dogs to encourage co-ordination (you could incorporate these movements into previous games such as Simon Says).



Spotty dogs: Jump one foot out and raise the opposite arm at the same time. Then jump the other leg out and raise the opposite arm. To start off with, you may need to practice just walking through this step by step (no jumping).

Animal Walks

Set interval timer to do 45 seconds of work and 15 seconds of rest. Do as many reps of each animal move as you can before time runs out!



FROG JUMPS



BEAR WALK



GORILLA SHUFFLE



STARFISH JUMPS



CHEETAH RUN



CRAB CRAWL



ELEPHANT STOMPS

ANIMAL WALKS

Frog Jumps

These are exactly what they sound like. Hop back and forth, like a frog. Depending on how much room you have, you may need to hop in one place.

Bear Walk

Place your hands and feet on the floor. Your hips and butt should be in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.

Gorilla Shuffles

Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.

Starfish Jumps

These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish!

Cheetah Run

Run in place, as fast as you can!

Crab Crawl

Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and "walk" on all fours forward and then backward.

Elephant Stomps

Stand with your feet hip-width apart and stomp, raising your knees up to hip level, or as high as you can bring them up. Try to hit the palm of your hands with your knees.

Standing with One Leg on a Box



Practice standing with on one leg up on a box either in front and/or to the side, whilst holding on with two hands.

Develop by holding on with one hand and doing activities with the other, and encouraging having to reach forward, and sideways for objects

When able, gradually decrease the support and progress the exercise by performing activities with your hands e.g. throwing, balloon tapping, writing on a board.

Walking Backwards



Try to walk backwards striking the ground with your heel with each step. This can be progressed by trying to do this on a straight line and also shortening your stride length up till the point that you are walking heel to toe.

Walking Along a Straight Line



Try to walk along a straight line, striking the ground with your heel first and pushing off with your toes
If this is easy, walk heel to toe so there are no gaps between your steps



Obstacle course

Try creating a fun obstacle course as shown in the photo below, using things from around your garden that can be balanced on safely.



Rope walking - Forwards and Sideways

Walking across wobbly surfaces will help me to develop my balance, motor planning skills and strength.



Challenging balance



Log walking





If any activities or recommendations within this programme cause undue pain or discomfort please **stop** and contact our team immediately.

The Child Health Service

0300 123 3444

medch.childrenscommunity@nhs.net

