

## Movies Activity Sheet

**Child's name:**

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### Balance

These activities have been put together to practice and improve balance skills. Balance aids good sitting and mobility.

They can be carried out in any order and should ideally be practiced about three times a week for about 10 to 15 minutes. Alternatively they could be incorporated into P.E.

### Equipment needed

- Hoops
- Bean bag
- 3m marked line

#### 1. Collect

Child picks up marbles or objects with feet and places them in a container.



#### 2. Obstacle course

With a hockey stick, the child pushes a ball round a marked course, e.g., around two cones



#### 3. Hoops

Place three small hoops in a line with no gaps. Child to jump in and out of each hoop with feet together. Increase distance between hoops as child achieves.



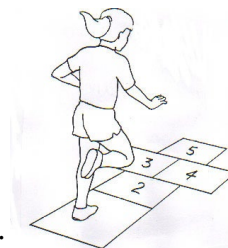
#### 4. Balance

Child to stand on one leg. Time how long and encourage child to beat last balance score.



#### 5. Hopscotch

Child hops in number squares. As child achieves adult to request child to hop in a sequence of numbers.



#### 6. All fours

Child adopts an all fours position, lifts arm to shoulder height and balances for as long as possible. Child repeats lifting other arm.

Once achieved child lifts arm and opposite leg and remains balanced. Child should try to lift leg straight and hold at hip level.

#### 7. Twister

Play Twister. How long can the child play for without falling over?



#### 8. Walking

Child to walk along a line, round in a circle and in a zig-zag.