

Welcome to Fizzy's Training Games

**Balance
Level Three**

There are three levels to the balance training games and this is third and final level. Play the games in any other until you are good at all of them. You should be an expert.

Tick the boxes at the bottom of the page when you can do each game well. The games should be fun and are intended to be flexible, for example they could be played daily for 10 minutes or twice a week for 15 minutes.

Equipment list

- Squashy mat (crash mat)
- Bench
- Twister game
- Blindfold

Suggestions for leisure activities

- Swimming / Water play
- Tumble Tots
- Judo / Karate
- Trampolining
- Gym clubs
- Dancing
- Horse riding

Further helpful suggestions:
(To be completed by your therapists)

It may be useful to use a marker on the floor to keep the trainee at a measured distance.

Trainee:

Name:

Your Therapists:

Name:

Telephone:

Name:

Telephone:



If you have any comments or queries then please contact:

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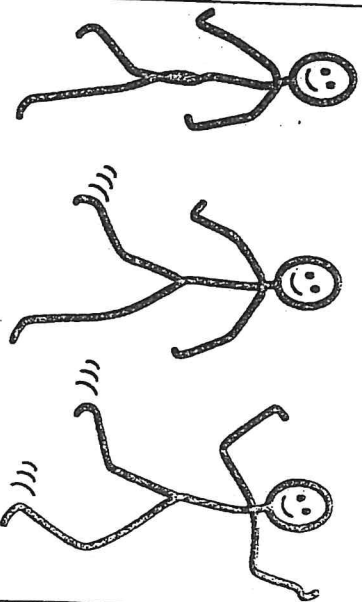
Date of Review: May 2009



Eastern and Coastal Kent **NHS**
Primary Care Trust

Fizzy's Training Games: Balance

**Balance
Level Three**



Level Three

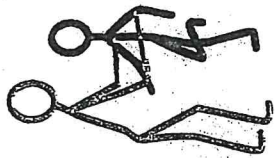
A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.

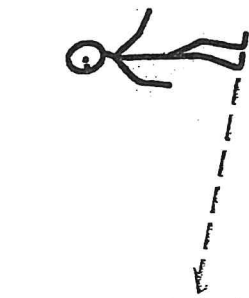
www.eastcoastkentpct.nhs.uk

Your name:

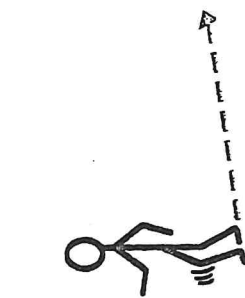
Balance
Level Three



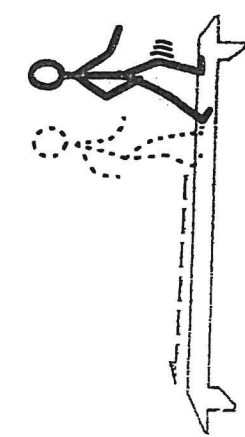
1
Statures: Stand very still on one leg while your partner gently pushes you. Also try with the other leg.



2
Walk toe to heel backwards in a straight line. You can look to see where you're going.



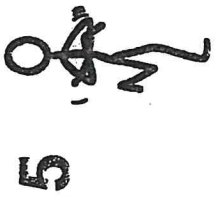
3
Walk backwards toe to heel in a straight line without looking. Then try with a beanbag on your head.



4
Walk backwards on a bench.

1 2 3 4

Click on a box to record your progress.

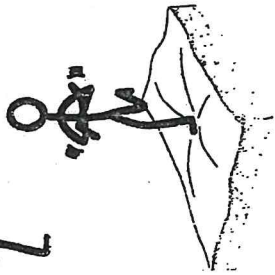


5

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.



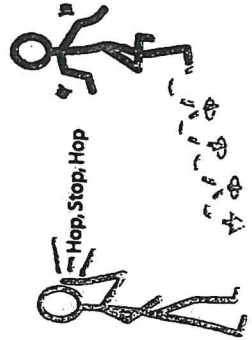
6

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

7

Do 4 hops and stop.

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

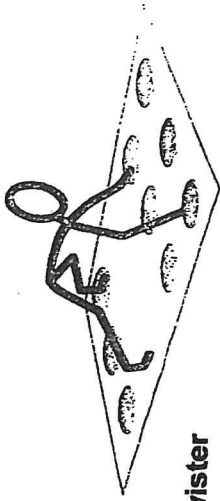


8

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

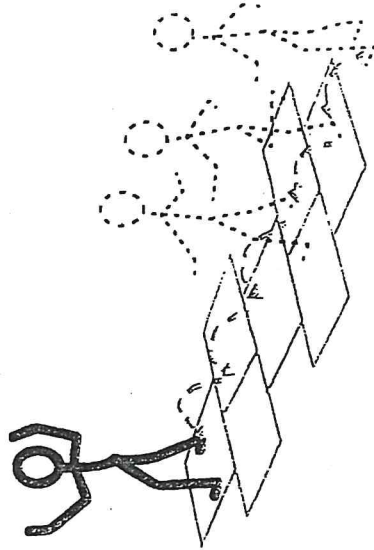
Now try hopping in different directions called out by your partner.

9



Play Twister

10



Play Hopscotch

5 6 7

8 9 10