



Fizzy's Training Games: Balance Level One

Balance
Level One



Level One

A programme compiled by
Occupational and Physiotherapists.

Advice for
parents, carers and education staff.

Trainee:

Name:

Your Therapists:

Name:

Telephone:

Name:

Telephone:

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queries then please contact:**

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Welcome to Fizzy's Training Games

Balance Level One

There are three levels to the balance training games and this is level one for beginners. Play the games in any other until you are good at all of them before going on to level two.

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

- Sturdy small boxes
- Ball
- Large shapes for floor
- 3 hoops
- Bench

Suggestions for leisure activities

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

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

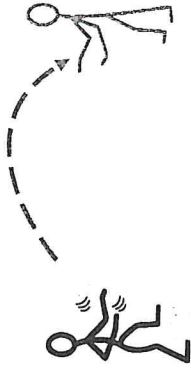
It may be useful to use a marker on the floor to keep the trainee at a measured distance.

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

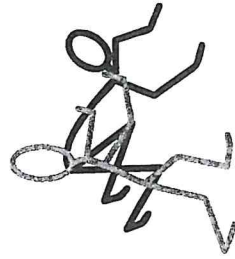
Kneeling



Starting position



Hands and knees



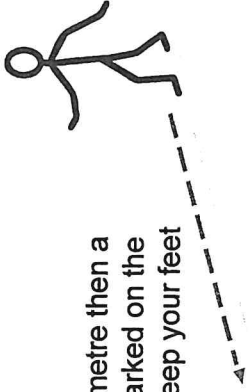
Play statures: Keep very still while your partner gently tries to move you. Try these positions.

Tick each box to record your progress

1 2

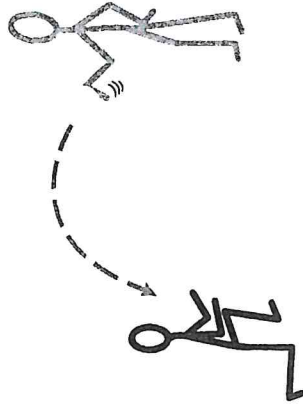
3

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



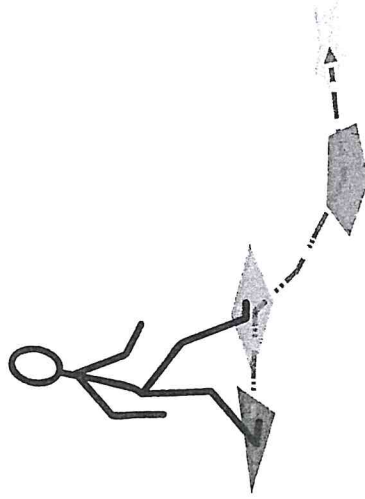
4

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



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

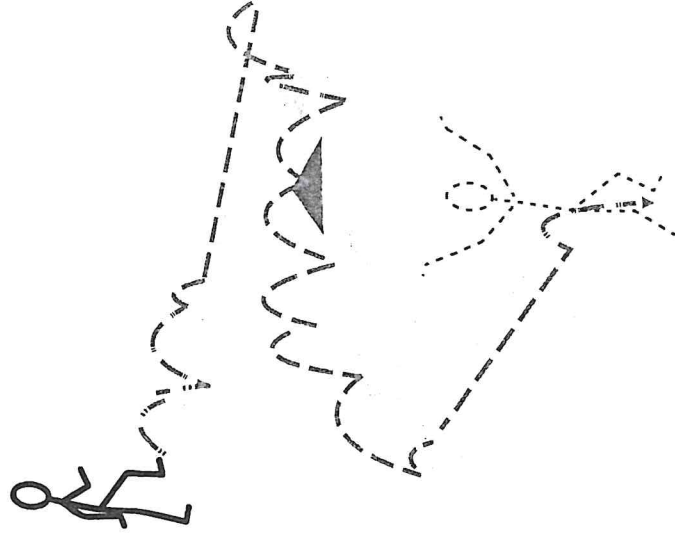
5



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