

Personal exercise program



Balance (Advanced)

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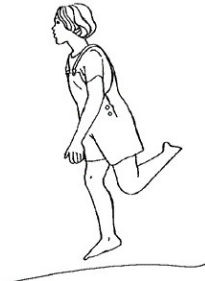
Provided by Elizabeth Plummer
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Kicking Activities:

Dribbling the ball.
Kicking to a partner.
Pushing the ball forward and stopping it with a flat foot.
Dribbling the ball around an obstacle course.



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Stand on right leg and hop:

Forwards
Backwards
Sideways

Repeat on other leg.



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Standing.

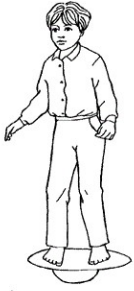
Lift one leg off the floor - try and balance for as long as possible. See how far you can count up to while balancing.

Repeat with the other side.

You may start by lightly holding onto stable furniture for support with one hand. Then gradually reduce the amount of support you are putting through your hand until you do not need to hold onto anything at all.

To make this more challenging:

- close your eyes
- throw and catch a ball



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Use a balance board for activities.

Depending on your child's abilities try the following (always start with number 1 first and gradually work your way down the list if able):

1. Stand on balance board with support from another person.
2. Stand and balance only holding onto someone with one hand.
3. Stand on balance board and try to balance alone.
4. Stand on balance board lift your arms out sideways.
5. Stand on balance board throw and catch.

If you do not have a balance board try using a cushion instead.



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Standing.

Pick up or move small objects with your toes.
Sometimes it is better to use small soft objects like sponges.
Repeat on other leg.



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Throwing and catching.

Start with a medium size ball and two handed catching.
