

Personal exercise program



Balance (Easy)

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Provided by Elizabeth Plummer
Provided for



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STANDING ACTIVITIES

Standing with one leg up on your lap

- Stand the child in front of you, with one leg up on your lap.
- Hold the foot that is on your lap if needed and encourage the child to keep their balance.
- Make sure their bottom is tucked in.
- See how long your child can balance for on each leg.
- As your child improves, reduce the amount of support you provide so that they become more independent with the activity.



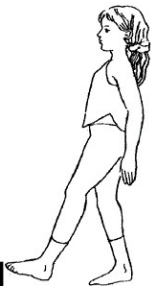
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Walk along a line with your feet pointing forwards.
Make sure to keep your feet on the lines and take small steps so that the heel of the front foot is touching the toes of your back foot.



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Place one foot in front of the other, so the heel in front touches toes behind. Whilst stood in this position, throw and catch a ball or close your eyes. See how long you can balance in this position then swap the front leg and repeat.



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Place small objects on the floor (soft objects which will not break or hurt a child's foot if stepped on). Encourage your child to walk around the room stepping their foot up and over the objects on the floor. Encourage your child to individually pick up each object.



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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.
