

Personal exercise program



Balance (Intermediate)

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Provided by Elizabeth Plummer
Provided for



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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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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 one leg with other leg on a football.
Roll the ball forwards, backwards and sideways across in front of the other leg and back to starting position.
Repeat with the other leg.

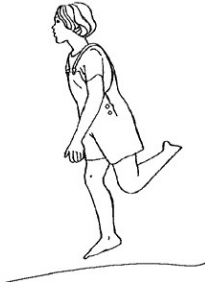


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Standing.

Bring one knee to opposite elbow. Return to standing upright.
Repeat to other side.

Repeat 10 times on each side.



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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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