

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
- 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:

Comments or suggestions should be directed to:

Head of Occupational Therapist or
Superintendent Physiotherapist

Children's Assessment Centre
Kent & Canterbury Hospital
Ethelbert Road, Canterbury, CT1 3NG
Phone: 01227 783043 Fax: 01227 783185

If you would like this leaflet in another format or language please contact the Communications Team

By telephone: 01227 791161 or
Email: communications@eastcoastkent.nhs.uk

PALS Patient Advice and Liaison Service

If you need information, support or advice about our services, please contact PALS.

Phone: 0800 085 6606
Email: pals@eastcoastkent.nhs.uk

Date of Review: May 2009

Date of Publication: May 2008

Leaflet code: 0110



Fizzy's Training Games: Balance

Balance
Level One



Level One

A programme compiled by
Occupational and Physiotherapists.

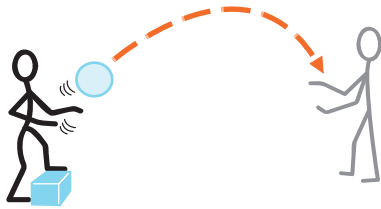
Advice for
parents, carers and education staff.

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



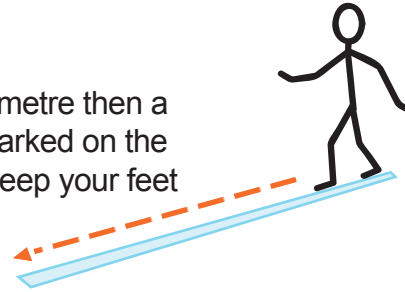
Play status: Keep very still while your partner gently tries to move you. Try these positions.

Tick each box to record your progress

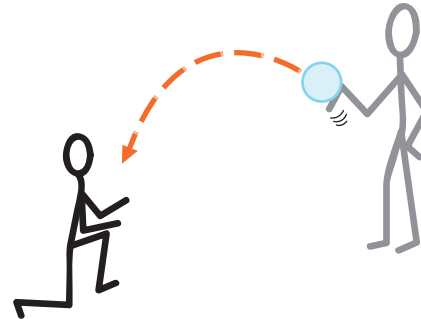
1 2

3

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



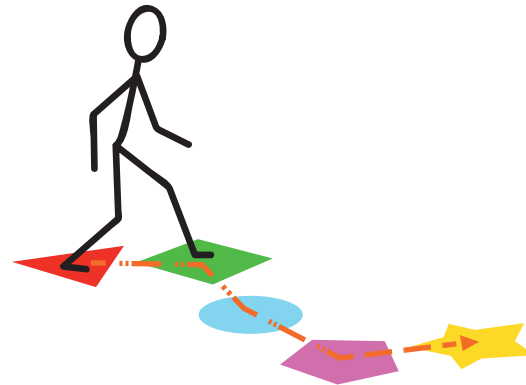
4



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

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

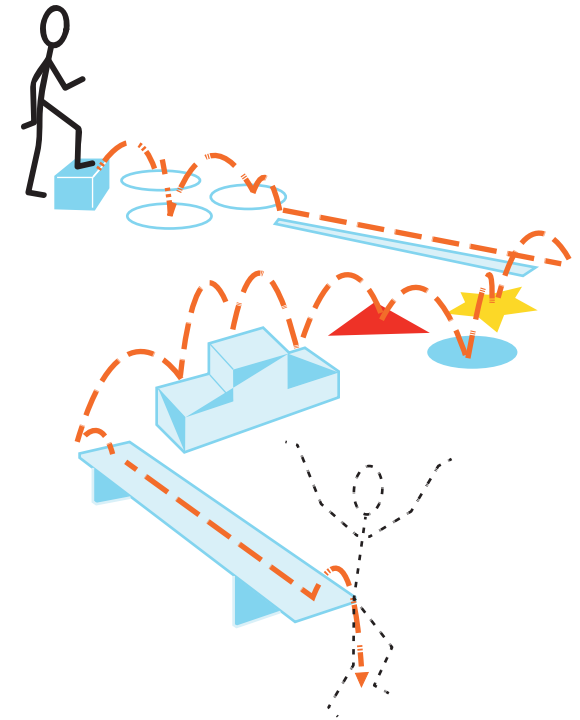
5



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