

## Progressions: Balance

- Children maintain balance when standing in a stationary position on the floor (2 feet) (Develop this skill through activities involving a 'freeze' **OR** ask children to balance objects on particular parts of their body. i.e - Bean Bag/Cone)
- Children maintain their balance whilst standing in a stationary position and performing a task (2 feet) (Develop by asking children to balance a bean bag on their shoulder>back of hand>head>on head whilst holding arms out and touching nose with one hand)
- Children can maintain their balance whilst standing on one foot (Set time challenges, use apparatus to focus children. Encourage the children to look at something that is level with their eyes - ears govern our balance! Some children will initially find it easier balancing with a bend in their knee, allowing the Quadriceps to contract slightly and control their body)
- Children can maintain balance when performing a task on one leg (this applies when static or when moving) (Develop through setting challenges where children must perform tasks on one leg. I.e. - Throw and catch bean bag with alternate hands on one leg - Individual or as pairs)
- As children develop their balance, ask them to hold their limbs further away from their core!