

Fine & Gross Motor Activities



Balance



April 23, 2020



BALANCE ON ONE FOOT

Lesson: [April 23, 2020]

Learning Target:

Improve ability to stand on one foot

Sensory Input

Motor Control

***** All activities can be modified and done while sitting or lying on the floor if unable to stand. Standing balance won't be the target but strengthening and coordinated movement will be!**



Background:

Balance exercises improve your ability to control and stabilize your body's position.

Benefits:

- Prevent falls
- Reduce risk of injury
- Improves proprioception (the ability to know where you are in space)

Let's get started:

Watch this video:

[Balance On One Foot | Action Song | Videos For Kids | Dance Song for Children | Debbie Doo](#)

Practice putting pants on

Sounds simple, but it takes balance, and the only way to put those pants on while standing up is lifting a leg up off of the floor! Dress ups and costumes are great for this!

Challenge: Put sock on while standing on one foot.



Pop bubbles with your toes!

Some real concentration is needed to target those tiny floating bubbles. Give it a try and see if your kiddo can balance long enough on one foot to pop bubbles with the other foot!

Challenge: Pop bubbles with your fingers while standing on one foot.



Stuffed Animal or Bean Bag Balance Practice

Balancing a small stuffed animal or bean bag on the top of the foot and lifting them up into a bucket or laundry basket to “clean up”.

Bean Bag Balance Game



Kicking

Kicking works on single leg stance too! Stack empty cardboard boxes or put small objects on cones and knock them off with a big giant kick!

Balance Challenge With Cardboard Blocks

