

## Fine and Gross Motor Activity

# INDOOR BALANCE BEAM



May 19, 2020

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Lesson: May 19, 2020

## Learning Target:

Balance, Core strength,  
Bilateral coordination,  
Motor planning,  
Sensory Input





# KIDS LOVE BALANCE BEAMS!

Kids love balance beams! There is a good reason to promote them, too. Balance, core strength, and bilateral coordination are all addressed with just a simple balance beam.



Balance beams are perfect to address needs in the vestibular system too. Our body's ability to regulate position in space helps us to manage obstacles in our path without losing balance. The vestibular system allows us to move in space without falling or without making us think we will fall (gravitational insecurity).

We're able to take in visual information, process it, and respond accordingly...all with the help of the vestibular system!



- Cut paper into shapes. Kids can cut out these shapes and tape them to the floor to create an indoor balance beam on a rainy day (examples: flowers, circle, squares, sun, stars).
- Stick painters' tape to the floor in a balance beam, using zig zag lines. Also try straight lines, circular patterns, or other lines.
- Paper plates-Tape them down so they don't slide, or use them on a carpet for a sliding balance beam challenge!

- Use a jump rope or rolled up blanket.
- Try pool noodles for an extra challenge.





Other ways to walk:

Walking on tip toe  
walking heel to toe  
jumping  
walking sideways  
walking backward  
crawling  
walking with both hands and feet (bear crawl)  
holding an object on the top of your head  
toss a ball to your child as they are walking

Have your child look up at the wall or you,  
instead of at their feet

HAVE FUN AND BE CREATIVE!

