

Welcome to Fizzy's Training Games

Balance Level Two

There are three levels to the balance training games and this is level two. Play the games in any other until you are good at all of them before going on to level three.

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

2 medium balls
Mat
Bench
Beanbags
Blindfold

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

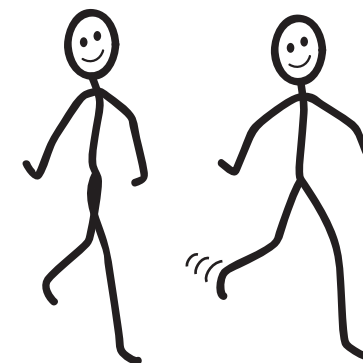
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Fizzy's Training Games: Balance

Balance Level Two



Level Two

A programme compiled by
Occupational and Physiotherapists.

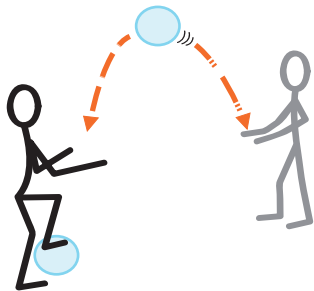
Advice for
parents, carers and education staff.

Your name:

Balance Level Two

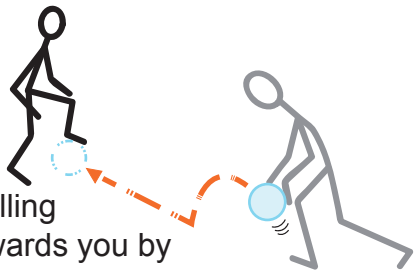
1

Stand with one foot on a small soft ball and try to throw and catch a ball with your partner.



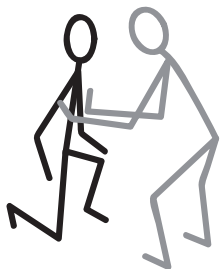
2

Try to stop a rolling ball coming towards you by placing your foot on the top.



3

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



Swap over legs.

Tick each box to record your progress

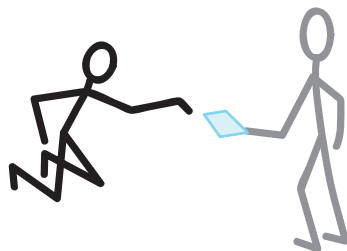
1 2 3

4

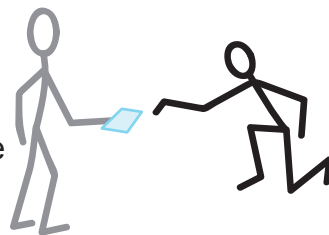
Try to keep still and balance on different parts of your body for as long as you can. Start with kneeling and then try raising one arm and the opposite leg.



5

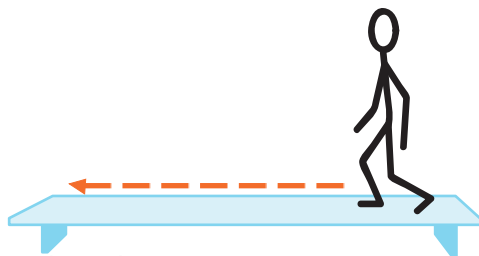


Reach for a beanbag in a kneeling position. Gradually increase the distance, then try half kneeling.



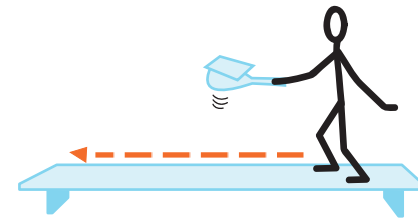
6

Walk along a bench.



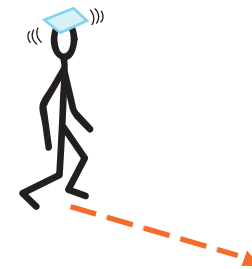
7

Walk along a bench, balancing a beanbag on a bat. Keep watching the beanbag.



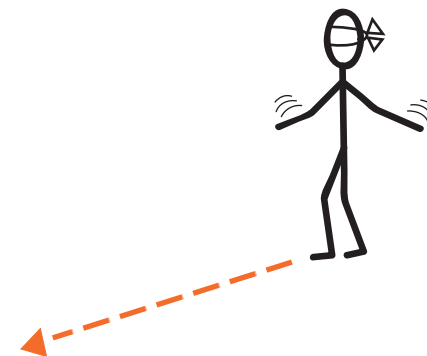
8

Try walking along with a beanbag on your head. Don't look down.



9

Walk in a line, as straight as possible, heel to toe - eyes closed, or wear a blindfold. NO PEEPING!



10

Hop on either leg.



4 5 6

7 8 9 10