

Welcome to Fizzy's Training Games

Balance Level Three

There are three levels to the balance training games and this is third and final level. Play the games in any other until you are good at all of them. You should be an expert.

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

Squashy mat (crash mat)
Bench
Twister game
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

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Fizzy's Training Games: Balance

Balance Level Three



Level Three

A programme compiled by
Occupational and Physiotherapists.

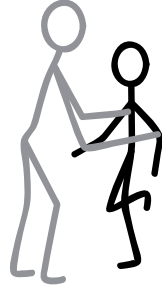
Advice for
parents, carers and education staff.

Your name:

Balance Level Three

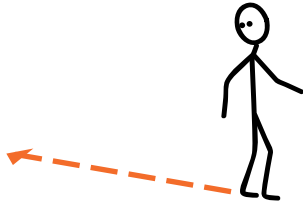
1

Statuses: Stand very still on one leg while your partner gently pushes you. Also try with the other leg.



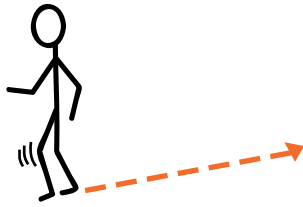
2

Walk toe to heel backwards in a straight line. You can look to see where you're going.



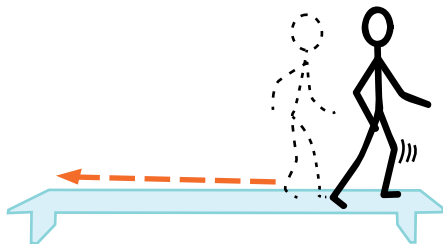
3

Walk backwards toe to heel in a straight line without looking. Then try with a beanbag on your head.



4

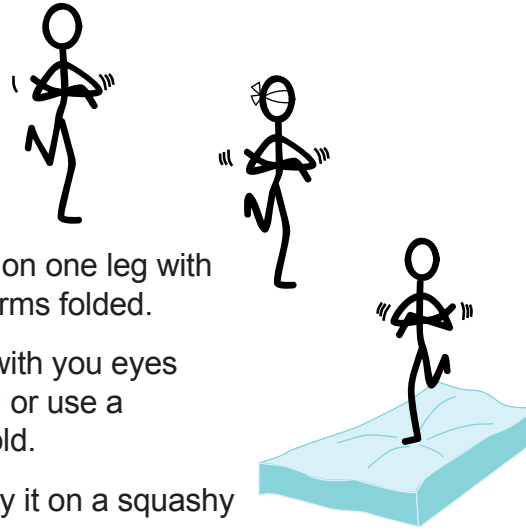
Walk backwards on a bench.



Tick each box to record your progress

1 2 3 4

5



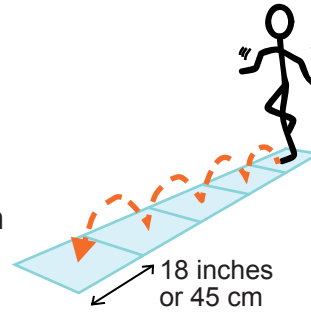
Stand on one leg with your arms folded.

Try it with your eyes closed or use a blindfold.

Also try it on a squashy mat.

6

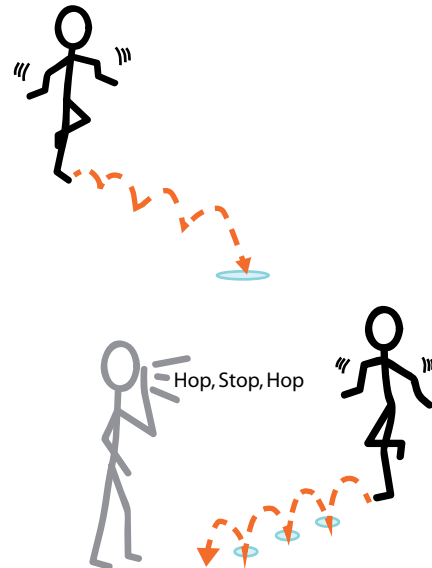
Hop with one leg into 5 squares marked out on the floor. Do not touch the lines. Swap leg.



7

Do 4 hops and stop.

Now try hop and stop, hop and stop, keep going for as long as you can.

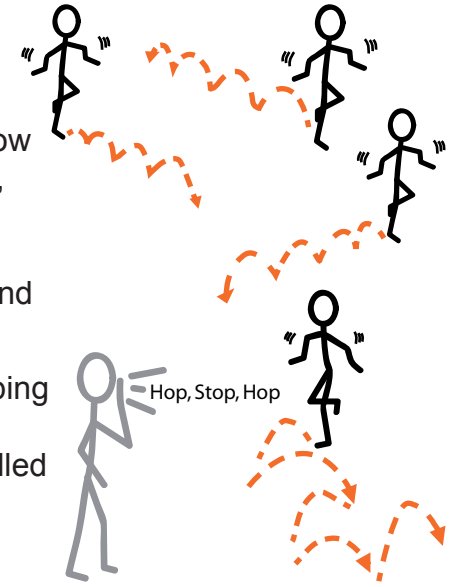


5 6 7

8

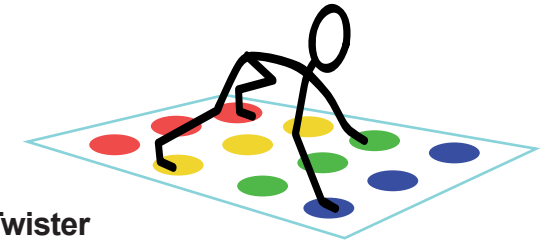
Hopping: How far in metres, can you hop forwards, backwards and sideways?

Now try hopping in different directions called out by your partner.



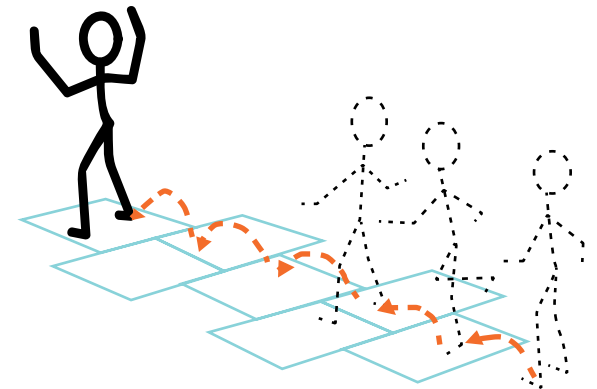
9

Play Twister



10

Play Hopscotch



8 9 10