



ACTIVITES TO PROMOTE BALANCE

SUGGESTED ACTIVITES:

- Skateboard.
- Roller skating/ ice skating.
- Bicycle riding.
- Walking on curbs, old tires.
- Hopping on one foot.
- Kicking balls.
- Swinging.
- Playing catch or throwing balls at a target in the kneeling or ½ kneeling position.
- Gymnastics.
- Waterplay in the pool.
- Playground equipment.
- Jump rope.
- Team sports such as kickball, soccer, volleyball.
- Hopscotch.