Modifications:

- use the beam on the floor. Begin with sidestepping to understand width of beam.

Then try one foot on beam and one on the floor, with a constant up and down movement

- place the beam along a wall for security
- use a soft foam beam for more feedback

Balance Activity 1

Balance Beam

Instructions:

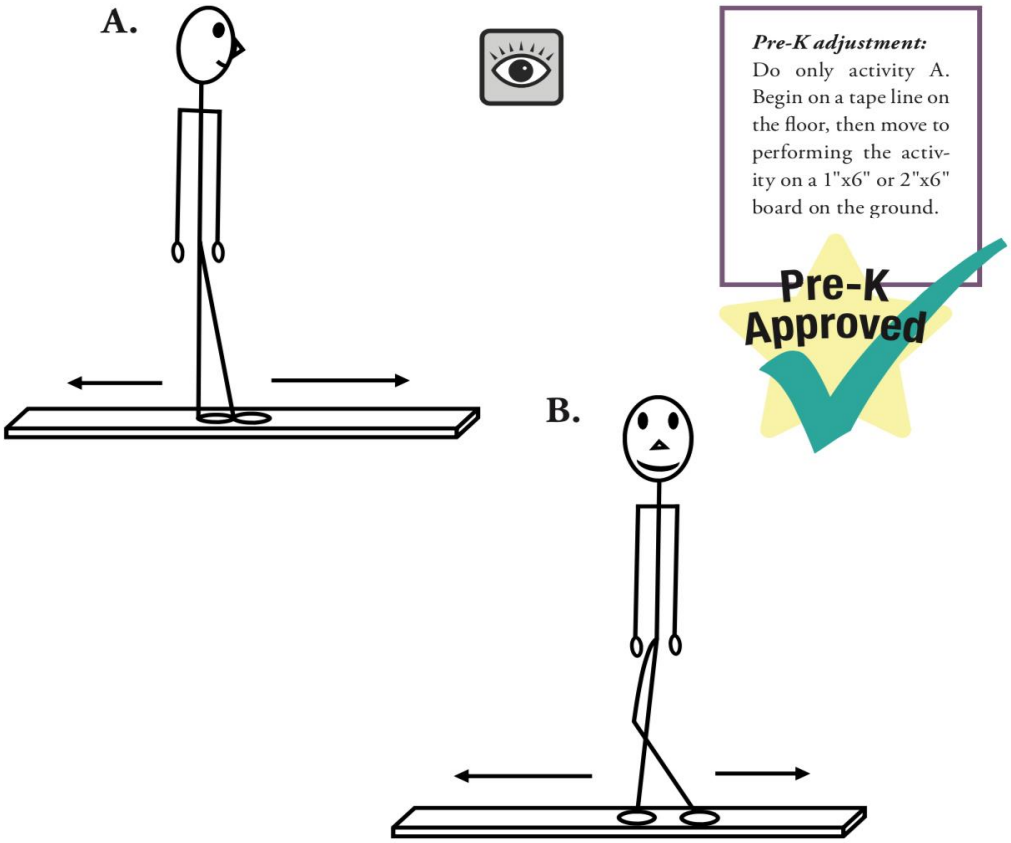
- Begin with a tape line on the floor. Progress to a 2"x4" board, then to an elevated 2"x4" beam as the child becomes more proficient.
- (A.) Have the child walk on the balance beam, heel to toe. It is very important that his feet touch one another. His hands should preferably be at his sides, with his eyes looking straight ahead toward a target. When he reaches the end, have him return by walking backwards, heel to toe.
- (B.) Have the child step onto the balance beam facing "sideways". Have him perform a scissor step (alternating the foot in front) to the end of the board and return.

Performance Objectives:

- Develop motor control
- Improve equilibrium responses and balance
- Stimulate linear vestibular responses
- Increase kinesthetic understanding of the body in space

Further Suggestions:

- If the child needs to hold out his arms or look down initially, encourage proper positioning. As his proficiency increases, he will be able to move toward the proper position.



Pre-K adjustment: Do only activity A. Begin on a tape line on the floor, then move to performing the activity on a 1"x6" or 2"x6" board on the ground.

Pre-K Approved

Ready Bodies, Learning Minds © 2016 by Athena Oden, PT /www.readybodies.com/ISBN 978-0-9747827-4-4