



Starter Activities for Balance, Coordination and Strength

Children need to engage in a range of activities in order to develop their strength and stability as foundations for developing balance and coordination. This sheet aims to help you and your child to develop the foundation skills for developing balance coordination and strength.

- Trampolining
- Bouncing in sitting on a gym ball or football, using a space hopper
- Pushing the trolley in the supermarket (when not too busy or full). Some supermarkets have small child size trolleys. Or pushing a toy box across the floor.
- Play row-the-boat, Hokey Cokey, Tug o' war
- Play parks/ soft play Kidzone areas
- Swimming
- Obstacle courses- climbing over and under, pulling along the floor on tummy
- Playing with balloons – let the child hit the balloon into the air and try not to let it touch the floor
- Jumping in and out of hoops or on mats, start by holding the child's hands and then 1 hand until they are able to do it without support
- Practice walking over uneven surfaces e.g. in the woods, on sand, try walking along line, bench or low wall. This can be progressed to walking along curved or zigzag lines.
- Play ball games such as skittles, rolling and trapping a ball or throwing and catching.
- Carrying some of the shopping home in a backpack
- Take every opportunity to push open doors, the heavier the better!
- Helping to carry the washing basket and pegging the washing onto the line
- When Watching TV - encourage child to lie on tummy on floor, with forearms flat on floor (rather than supporting chin) for as long as they can.
- Twister
- Lifting books and toys back onto shelves
- Jumping on large bubble wrap.
- Wheelbarrows (hold at knees until strong enough to hold at ankles)
- Animal walks:
 - **Bear Walks**: walking on all fours with legs as straight as possible, bottom in the air.
 - **Crab walk**: move from flat on your back, lift arms over head and push against the floor till your body is up in the air and you look like a crab, (body, head and neck parallel to floor).
 - **Walrus walk**: lie on stomach on the floor and push body weight onto straight arms, keeping legs straight and on the floor. See if you can move forward 'walking on your hands' with legs dragging behind you.
 - Crab walks, bear walks, bunny hops, army/leopard crawl.
- Painting with water using a large brush on fences or garage door
- Helping to wash the car or windows including large movements and wringing out sponge/cloth
- Large drawing with chalks on pavement, or on the garage door (with permission!)
- Using a watering can or plant spray to water the plants