



Core stability—Older children

- Swimming
- Riding a bike
- Walking over uneven terrain e.g. a pebbly beach
- Climbing over rocks
- Using a trampoline
- Sitting on a therapy ball to balance on tummy, back or sitting
- Going to an adventure playground to climb up and over things, use swings
- Standing on a wobbly surface e.g. an airbed
- Playing catch - having to stretch to catch the ball
- Racquet sports such as badminton or tennis
- Karate
- Indoor climbing or rock climbing with an instructor
- Canoeing, rowing or sitting in a boat
- Horse riding
- Obstacle courses: going over, under and through obstacles