



### Core stability—Younger children

- Going to the playground and using swings, climbing the ladder to a slide etc
- Swimming
- Riding a bike
- Walking over uneven terrain e.g. a pebbly beach, climbing over rocks
- Using a trampoline
- Using a spacehopper
- Sitting on a therapy ball to balance on tummy, back or sitting
- Wheelbarrow walks
- Animal walks e.g. walking like an elephant, dog, frog, crab
- Standing on a wobbly surface e.g. an airbed
- Walking with beanbag on head
- Playing catch in high kneeling
- Heads, shoulders knees & toes action song

Making an obstacle course with obstacles to climb over, under tables and under blankets and balancing along a line or a rope on the ground, making stepping stones and going in and out and around obstacles.

#### **In a pair or a group:**

- Passing a ball along a line: through legs, over heads, to the side
  - Playing musical statues
  - Playing a rowing game with a partner
  - Wrestling back to back: the children sit back to back with their partner, on the floor with legs outstretched in front. They try and knock their partner off-balance or off the mat by just pushing with their backs. Use hands initially to balance, then do it arms folded.
  - Tandem cycling: in a pair the children lie on their backs opposite each other so that the sole of their feet are touching. They then lift their legs up off the floor and start cycling slowly against each other.
  - Log rolling from one side of a room to the other. Can do as a game of human skittles: Place some skittles at one end of a room (e.g. tall cardboard boxes/cushion/sponge blocks) – the child log rolls (body and arms straight, arms stretched above head) from the other end down to knock the skittles over.
- Balloon games: Aim to keep the balloon off the floor using different parts of the body.