

Foot Taps



- Tap your foot on the targets.
- Give each foot a turn.
- Place your foot down between each target, or try to tap without placing your foot down.

Elevator Rides



- Place a bean bag or sock on top of your foot
- Give it a ride into the basket by lifting one foot.
- Try it on both sides.

Balance Skills

Activities and Progressions

Level 1




Stand with one foot on the ground and one foot on an elevated surface.

Level 2



Stand with one foot on the ground and one foot on a ball.

Level 3



Balance on one foot.

Single Leg Standing



- Make sure to try both sides.
- Try to stay as still as possible.
- Challenge yourself by playing catch with a ball.

Single Leg Reach



- Try on both sides.
- Reach out as far as you feel comfortable
- Aim for a target on the wall.

Unstable Surface Single Leg Stance



- Try on both sides.
- Stay as still as possible.
- Challenge yourself by playing catch with a ball.

Balance On Ball



- Try to stay as still as possible.
- Try moving the ball side to side.
- Try moving the ball in circles.
- Try moving the ball back and forth.