



**Balance and Co-ordination Exercises**

Provide Paediatric Physio  
 Kestrel House, Hedgerows Business Park,  
 Chelmsford, Essex. CM2 5PF



**Standing on One Leg**

Stand on one leg aiming for 5-10s seconds.  
 Can you cross your arms while standing on one leg?  
 Can you touch your right knee with your hand while standing on your left leg?  
 Repeat with your other leg.

©Physiotools



**Standing on One Leg**

Stand on one leg with the other foot resting on a medium sized ball.  
 Aim to hold this position for up to 20 seconds.  
 Can you throw and catch a ball while holding this position.

©Physiotools



**Balance Throw**

Stand on one leg, making sure your hips stay level.  
 Throw and catch a ball with your partner.  
 Start with a large foam ball, which will move more slowly and be easier to catch. Progress to a beanbag.  
 How many throws can you catch before toppling over?

©Physiotools



**1) Stand on one foot.**

With your toes, pick up small objects e.g. toys from a box or soft objects like small sponges or small beanbags.  
 Do this with both feet.

Repeat   5   -   10   times each side.

©Physiotools



©Physiotools

### Kicking Activities:

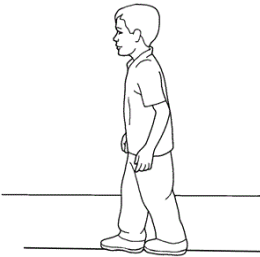
Practice kicking with either leg.  
Dribbling the ball.  
Kicking to a partner.  
Pushing the ball forward and stopping it with a flat foot.  
Dribbling the ball around an obstacle course.



©Physiotools

### Stepping on Pillows

Place some pillows close together.  
Step from one pillow to another, pretending that the floor is water and trying not to fall in.  
Gradually increase the distance between the pillows.



©Physiotools

### Line Walking Heel-to-Toe

Tape a line approximately 5 m long by 2.5 cm wide (use masking tape).  
Walk forwards along the line heel-to-toe, using your arms as necessary for balance.  
Once you have mastered walking forwards, try other ways:  
For example, walking backwards (toe-to-heel) or walking on tip-toes, stepping side-ways either direction, staying on the line.



©Physiotools

### Play with Balls/beanbag

Throwing into a container positioned in front of you in a high kneeling position.  
Progress to throwing the ball at the wall and catching.

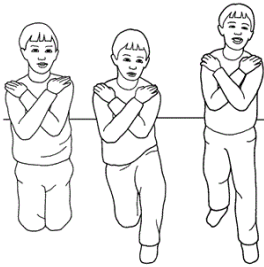


©Physiotools

### Play Catch

In a half kneeling position, with one leg forward and your hips level.  
Play with beanbags or balls, being careful not to fall over.  
Throw, catch or bounce a ball with your partner.  
Repeat to the other side.

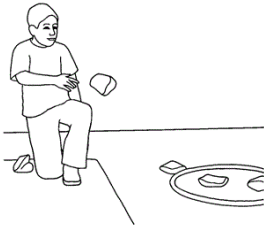
Progress to throwing the ball at the wall and catching on your own.



### High Kneeling to Standing

Start in a high kneeling position. Slowly bring one leg forward to half kneeling. Slowly rise to standing then move back to half kneeling. Alternate the leading leg. Progress to crossing your arms over your chest then placing your hands on your head. Repeat all of the above with your eyes closed.

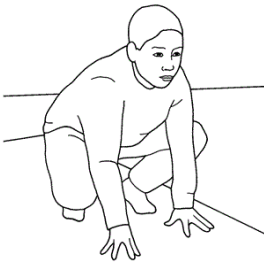
©Physiotools



### Beanbag Throw

Kneeling with your left leg forward, beanbags at your right knee and a hoop positioned to your left approximately 1 m away. Throw the beanbags into the hoop using your right hand. Keep your trunk facing centrally and try not to topple over. How many beanbags can you get into the hoop? Repeat to the other side.

©Physiotools



### Frog Jumping

Crouch down. Jump forwards like a frog.

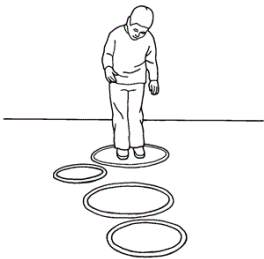
In standing, practice jumping as high as you can. Make a mark to reach as a motivator.

©Physiotools



Star jump to your favourite song.

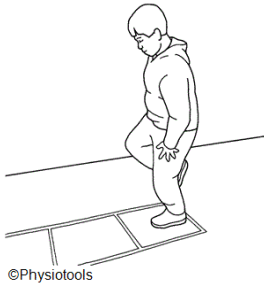
©Physiotools



### Hoop Jump

Place some hoops close together. Jump from one hoop to the other, pretending that the floor is water and trying not to fall in. Remember to swing your arms behind you, bend your knees, jump and land with your feet together. Gradually increase the distance between the hoops.

©Physiotools

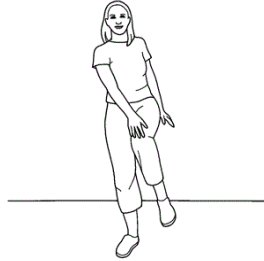


### Squares

Tape ten connecting squares, each with an approximate inside measurement of 50 cm.

Hop forwards from square to square, starting at the one end and finishing at the other.

Hop backwards from square to square, looking over your shoulder to see where you are going.



### Hand to Knee

Standing, touch your right hand to your left knee.

Then touch your left hand to your right knee.

Repeat 5 - 10 times each side

Gradually build up speed then try with your eyes closed.

©Physiotools



### Hand to Heel

Standing, take your left arm behind you to touch your right foot with your left hand. Then touch your left foot with your right hand.

Repeat 5 - 10 times.

Gradually build up speed then try with your eyes closed.

©Physiotools