

Gross Motor Skills Using a Balance Beam

Information: Gross motor skills are large movements of our body, including the movement of our arms, legs and trunk of our body. Using a balance beam to play can be a fun way to work on our balance and gross motor skills on our own or by playing with a friend 😊



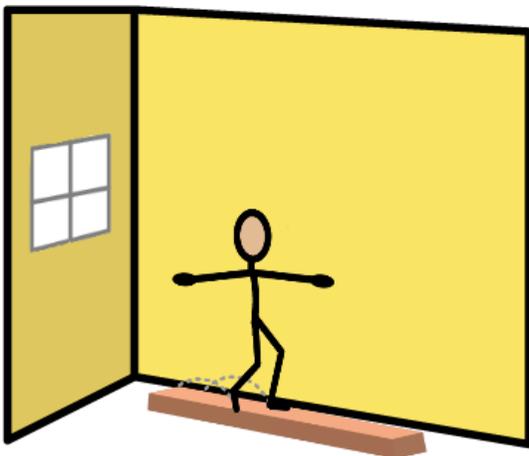
Before you begin...

You will need to have a balance beam or an object to balance on to play with. This could be anything from a wooden beam or a few blocks lined up. The beam or blocks should be stable enough so that they will not topple over when you stand on them.

1. Walk on balance beam:

At the beginning, you can place the balance beam close to a wall. If you lose your balance, you can place your hand on the wall to find your balance.

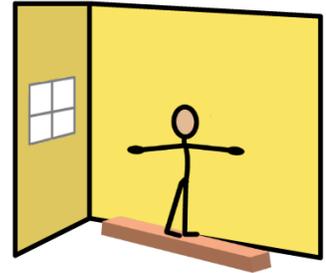
Walk along the balance beam without falling off! For an extra challenge try walking forward to one end of the beam, and then try walking backward all the way back!



2. Standing on balance beam:

At the beginning, you can place the balance beam close to a wall. If you lose your balance, you can place your hand on the wall to find your balance.

Stand with both feet flat on the beam. Once you feel stable and ready, remove your hand from the wall and see if you can count out loud and balance on your own for 20 seconds!

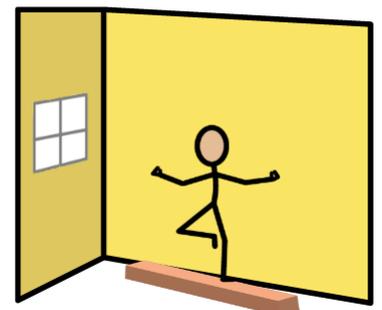


3. Single leg balance on balance beam:

Standing on 1 leg is more difficult than standing on both legs, so place the balance beam close to a wall to start.

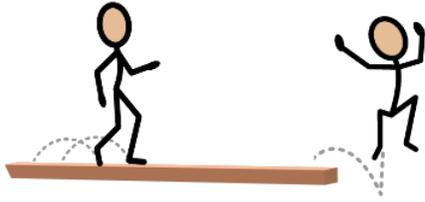
Stand on the balance beam with one hand on the wall for balance. With your hand still on the wall, lift one foot up so it is not touching the beam. Once you feel stable and ready, remove your hand from the wall and see if you can count out loud and balance on 1 leg for 20 seconds!

Switch it up! Try again standing on the other leg!

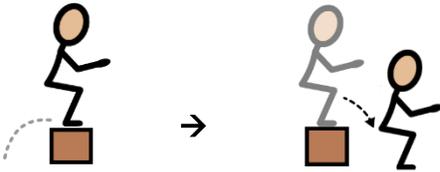


4a. Jump on/off the balance beam:

Walk and jump off the balance beam landing on both feet!

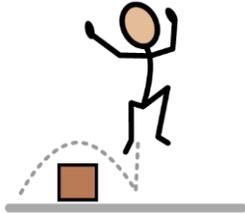


Stand at the side of the balance beam and jump on top! Once you have your balance, jump down to the other side landing on both feet.



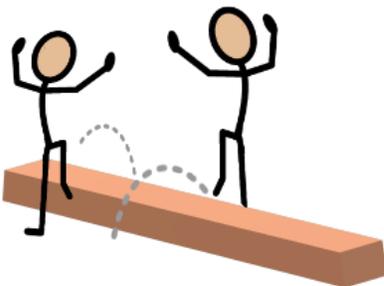
4b. Jump over the balance beam:

You can also try jumping over the balance beam in one big jump! Swing your arms and land on both feet!



4c. Hop over the balance beam:

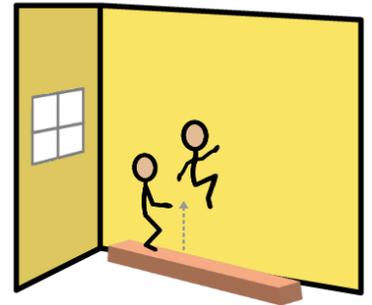
Hopping over the balance beam is a bit different than jumping. Start on one side of the beam and hop over to the other side landing on one foot. Then, hop off that one foot back over to the other side, landing on one foot again. Work your way down the length of the beam!



4d. Jump and land on the balance beam:

Place the balance beam close to a wall. If you lose your balance, you can place your hand on the wall to find your balance.

Jump and land on the balance beam without falling off! For an extra challenge try jumping 3-5 times in a row without losing balance!

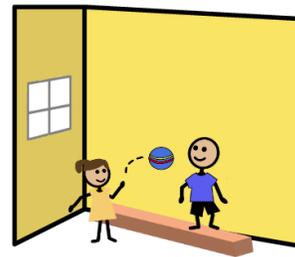


Extra Activities:

The below activities are more challenging, so make sure you are comfortable with activities 1-3 first before trying the extra activities!

Playing catch and keep up are a fun way to challenge yourself more on the beam. Be safe!

Play catch while on balance beam:



Play keep up while on balance beam:



If you have any questions, please contact the physiotherapist at MFNERC.