

Balance

Balance activities help children develop body management.

Children will be able to:

- Balance on a narrow beam
- Balance on one or more body parts
- Balance while traveling forwards or sideways
- Balance on a beam and toss a ball to self and others

Supports child growth in Kindergarten Standards

Physical Education

Movement Concepts:

- 1.2 Travel forward and sideways while changing direction quickly in response to a signal.

Body Management:

- 1.7 Balance while walking forward and sideways on a narrow, elevated surface.

Manipulative Skills:

- 1.13 Toss a ball to one-self, using the under-hand throw pattern, and catch it before it bounces twice.



WILLIAM M. HABERMehl
County Superintendent of Schools



Balance Activities

CM School Supply

Material	Item Number	Page Number
Balance Beam	242-248	54
Bean Bags from Outdoor Active Play Kit	122-128	51
Plastic Platform Stilts	417-260	54

Balance activities:

- Student balances on the wooden beam (crossing a bridge) while walking forward, sideways, and backward.
- Student walks on the beam while balancing a bean bag on his/her head.
- Add beanbags (circus performers) as student becomes proficient.

Balance and Gross Motor activities:

- Students crawl from one end of the beam to the other.
- Encourage students to walk like a dog.
- Students walk forward, backward, and sideways on platform stilts.

Balance and Manipulative skills activities:

- Child balances on beam while tossing a beanbag to other.
- Child balances on beam while tossing a beanbag to self.

Notes

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