

# DEVELOPMENTAL BUILDING BLOCKS

## Working towards FMS

### Stability and Static Balance



#### Dinosaur Freeze

Children walk around like big, slow dinosaurs. When you call out “freeze”, the children stop mid-action. Encourage them to stop and balance on one leg.

#### Windmills & Tee Pees

Children run around the yard, swinging their arms like a windmill. Everyone stops when you call out “Tee Pees”. They balance on one leg and hold their hands together above their head.

#### Stepping Stones

Draw stepping stones on the ground. Children step from one stone to the next. Encourage them to place one foot on a stone and step to the next stone with their opposite foot.

#### Balance Obstacle Course

Set up challenging objects for balancing such as balance beams, old tyres or thick rope. Ask the children to balance from one object to another.

#### Heel to Toe Spiral

Draw a spiral on ground. The children walk on the spiral line. Ask them to touch their heels with their toes as they walk.



#### Balancing Bean Bag

Children balance bean bags on their head, elbow and back of their hand. They can walk while balancing the bean bag to make it harder.

#### Tightrope

Draw a line or place a rope on the ground. The children balance along the line/rope. Encourage the children to try and balance standing still with their eyes closed.



#### Sergeant's Calling

Call “attention!” Children copy your instructions. Run on the spot, touch the ground, knee taps, etc. Add other actions as you go.

#### Toe Touch & Sky Reaching

Use this activity as a warm up to get their little bodies ready for play and activities.

#### Stretching Sessions

Incorporate stretch session into your daily routine, before and after planned activities.

#### Simon Says: Balance on One Leg

Ask the children to balance on one leg as part of the game.

#### Yoga

Set up a yoga corner. Do some yoga with the children at the end of rest time.



#### The Floor is Lava

Set up dots or mark small sections on the floor using tape. The children walk around the area. When you call “the floor is lava”, they find a dot on the floor to stand or balance on.

#### Sensory Course

Set up buckets or containers and fill them with different materials e.g. sand, water, dry leaves, fresh leaves. The children walk through the course one at a time.

#### Stand Like a Mannequin

Use a mannequin or doll. Ask the children copy the mannequin's positions e.g. standing on one leg with arms out wide or up high.

#### Freeze Relay

Stand in a circle with the children frozen like statues. One at a time, children run around the yard and back to the circle, tagging another child to run next. Encourage children to balance on one leg while frozen like statues.

