



George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

Skill: Balance

Standing on one foot

- 32 – 35 mths: 2 – 3 seconds
- 4 – 4 ½ years: 6 seconds
- 5 – 5 ½ years: achieves with eyes closed

Tips:

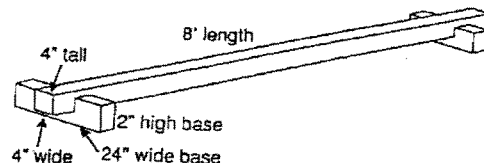
- focus on a point
- keep the head neutral (centred over body)
- arms straight out from sides, perpendicular to the floor and progress to hands on hips

Balance Beam (4 inch wide, 6 feet long)

- 28 – 31 mths: walks forward with assistance
- 4 – 4 ½ years: walks forward independently, stepping off on occasion
- 5 – 5 ½ years: walks across forward, backward and sideways without stepping off

Tips:

- Start with a wider beam and progress to a narrower beam (use a 2x6 or 2x4 board)
- Provide as little hand support as needed for success



Constructing a Balance Beam