

TIPS FOR LEARNING HOW TO BALANCE

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to BALANCE

There are two types of balance that children need to develop:



Static balance

Balance while the body is still
e.g. standing on one leg



Dynamic balance

Balance while the body is moving
e.g. changing directions when running

When balancing in one place:



Head up



Eyes looking forward



Arms out like an aeroplane



Children need active play + practice to learn these essential skills to be active for life

Fun Balance games to play at home:



Musical statues

Dance to music and freeze when the music stops



Twister

The classic board game, spin the spinner and make your move



Make an obstacle course in the playground

Down the slide, across the monkey bars, around the swing etc.

Test your balance!

Have a go at the KIDDO balance challenge at home your child

www.kiddo.edu.au/challenges/test-your-balance