

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Balance beam bonanza

Learning aims

- To develop balance and control
- Problem-solve new ways of moving.

Resources

- String, tape, ribbon, wool (to mark out balance route)
- Beams or flat planks of wood
- Tape to stick your chosen material to the floor or objects.



Activity outline

- Consider the physical development stage of the children and map out a balance route using beams, planks of wood, string, wool or ribbon to mark out where children need to walk
- Ensure your route provides interest and challenge by creating zig-zag lines, curves, loops and so on
- Encourage children to stay on the route you have mapped out. If they fall off they can go back to the start and try again
- Introduce different ways to balance for challenge and fun, for example, walking sideways, arms above their head, arms out front or out by their sides, walking backwards, small steps, hopping, etc.

Extending the activity

- Encourage children to create their own balance routes using the string, tape or wool to map out a balance challenge
- Mix between indoor and outdoor routes.

NDNA products to support you with this activity

- [Online course - Physical activity in early years](#)