

Balance - Level 1

1.1.2 Rocking and Rowing

Sit on the mat in a circle, pretend you are rowing and rocking the boat, moving forwards, backwards and sideways. You can use your hands if you like to help you row and rock the boat. Can you change speed?

Purpose

To enhance processing of vestibular information.

To promote balance reactions in sitting.

Observation

Can the child move in all directions?

Can the child vary speed and stop and start?

Equipment

Mats