

## **Balance - Level 2**

### **2.1.1 Horses and Ponies**

On all fours (hand and knees), rock backwards and forwards. Pretend to be a rocking horse. Rock fast, then slow, start and stop. Perhaps a soft toy can ride on your back?

#### **Purpose**

To promote balance reactions.

To enhance the processing of vestibular information in a stable position.

To promote co-ordination.

#### **Observations**

Is the child comfortable on their hands and knees?

Is there a full rocking movement backwards and forwards?

Can the child maintain this position?

#### **Equipment**

Mats

Soft Toys