

Balance - Level 3

3.1.4 Stepping Stones

Try to walk and balance along the stepping stones. Now try this on the raised stepping stones. (Vary the distance between the stepping stones)

Purpose

To promote movement, balance reactions, equilibrium in an upright position on irregular surfaces.

Observations

Can the child stay on the stepping stones?

Can the child balance?

Does the child need to hold a hand?

Can they do 'step through' on the stepping stones?

Equipment

Flat stepping stones

Raised stepping stones