

## **Balance - Level 3**

### **3.1.5 Tot Trek**

Walk along the trek and try to keep your balance. (Arrange the equipment to provide a trek, which varies in height)

#### **Purpose**

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

#### **Observations**

Can the child stay on the equipment?

Can the child balance?

Does the child need to hold a hand?

Can the child adapt to different heights?

#### **Equipment**

Mats

Soft play equipment

Benches