

Balance - Level 2

2.1.4 Tug of War

Use an elastic rope, lycra or other material to play tug of war. Start sitting down and progress to standing up. Do this with another child or in a small group, maybe you can take turns at pulling?

Purpose

To promote dynamic balance reactions.

To promote core stability and muscle strength.

Observation

Can the child pull?

Can the child keep their balance?

Can the child vary the activity?

Equipment

Mats

Elastic rope

Lycra

Material

Small Parachute