



# **Balancing Board**

**Item 33413**

## Description

Disc-like platform designed to be stood on.

## Allocation

Allocate 5 per 15 learners.

## General Comment

Do not allow children to do “monkey tricks” on the boards.  
Ensure safety at all times.

## Classroom lesson

Class	Learning Objective	Suggested Activity
1 yrs.	No allocation	
2 yrs.	No allocation	
3 yrs.	No allocation	
4 yrs.	No allocation	
5 yrs.	Improving the children’s balance.	Place the balance boards on the floor or outside area. Direct the children to try and stand on the board with bare feet, or in their socks. They can count how long they are able to stand before losing their balance. Once they can master standing still on the boards, you can introduce an activity like throwing and catching bean bags / light balls.
6 yrs. and up	Improving the children’s balance	Place the balance boards on the floor or outside area. Direct the children to try and stand on the board with bare feet, or in their socks. They can count how long they are able to stand before losing their balance. Once they can master standing still on the boards, you can introduce an activity like throwing and catching bean bags / light balls.

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