







## Balance Ladder

### Finish

### Goals

	<p>Hopping: On the spot, forwards, backwards and around obstacles.</p> <p style="text-align: center;">↑</p>	<p>Aim for 70 hops.</p>
	<p>Walk along a plank. Progress to stepping through an obstacle like a hoop or on tip toes.</p> <p style="text-align: center;">↑</p>	<p>Aim to walk 100m on tip toes.</p>
	<p>Stand on 1 leg; once you can hold this, try throwing and catching a ball against a wall or with a partner or throw soft toys/bean bags into a target.</p> <p style="text-align: center;">↑</p>	<p>Try to get 5 objects in the goal/target without falling off the ball.</p>
	<p>Balance with 1 foot on an unsupported ball. Pick up objects and throw them into a goal.</p> <p style="text-align: center;">↑</p>	<p>Aim to stand on one leg for one minute.</p>
	<p>Balance with 1 foot on the ground, pass a bean bag around your tummy or clap your hands. Put your foot on a step or box or hold the ball still initially.</p> <p style="text-align: center;">↑</p>	<p>Stand for 2 minutes without losing your balance.</p>
	<p>Balance with feet touching. Play throw and catch, clap, sing and 'Simon Says'.</p> <p style="text-align: center;">↑</p>	<p>Stand for 2 minutes without losing your balance.</p>

### Start

Start at the bottom of the ladder and try the activity, once you've reached the goal on the right then you can move up to the next rung of the ladder. Use the pictures to help if you get stuck and remember regular practice will help you move up quicker.

## Contact details

### Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre  
Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 0300 019 8003

[www.uhd.nhs.uk](http://www.uhd.nhs.uk)

**We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk) for advice.**

**If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk)**

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