# **ACTIVITY PLAN 18 – STANDING ON ONE LEG**

## **Aim**

To improve the ability to shift weight onto one leg and balance

## Age

24-35 months

## **Equipment**

Nil

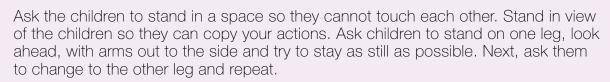
## Area required

Indoor or outdoor space of suitable size

#### Time

Five minutes

### How?



#### **Easier**

Support children by holding a hand or allowing them to hold onto furniture.

#### Harder

Extend the length of time children are standing on each leg. Stepping over objects/hurdle, up and down a step and along a balance board are all activities which require the ability to stand on one leg.

# Key points

- Instruct children to look straight ahead, arms out to the side, trying to stay as still as possible.
- Make sure the children practise on both the right and the left leg. At first, they may
  be better on their preferred leg, but it is important to encourage them to develop
  skills on both legs.

