

Practicing Single Leg Balance



Single leg balance is important for putting on your shoes, stepping over obstacles, stepping off curbs, taking the stairs, kicking a ball, skipping, hopping & many other gross motor activities your child participates in throughout their day!

- Using hand and foot targets – place one hand on supportive surface (i.e. wall/ table), and foot target on ground. Practice lifting leg and placing foot onto target. Make it a game – call out a colour & the child has to lift that foot to place on the foot print (or hand to handprint). Make it more challenging by changing where the targets are so they have to cross midline.
- Using support of wall – practice lifting foot and placing slipper on foot.
- Practice balancing on one foot by having the child step over objects – you can make an obstacle course (with support near by balance portions). Slowly increase the height the child is stepping over. Start with a line/ rope, work your way up to larger stuffed animals, small stools (narrow).
- Build a tower with cardboard boxes and have the child practice kicking the tower over by lifting their foot. Give them a target by decorating the boxes or putting numbers on them. “Kick the box with the star on it.”
- Blow bubbles & try to step on them to pop them.
- Use a step to have the child keep one foot elevated & the other on the ground – have them colour on a piece of paper placed on the wall. Progress to a large ball under their foot (may need to work on this activity without colouring at first).
- Place a small stuffed animal/ bean bag on child’s foot, have them lift their foot to grab the object.

If you have concerns about your child’s gross motor development, please connect with your school team.