

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Leg Swing*⁹

Description: Child stands on one foot and swings other leg forwards and backwards; maintains balance without wobbling. Alternate legs.

Number of participants



<https://youtu.be/VmsCKJXxQ7o>

Skills

Physical: balancing on one-foot, lower limb coordination

Cognitive: sustained attention, selective attention

Equipment

- None

Goal examples:

- With their hands on their hips, the child will balance on one foot while swinging their other leg forwards and backwards for 10 sec.
- I can balance on one foot.

My personal goal:

Next Check-in Date:

⁹ Spotebi. <https://www.spotebi.com/exercise-guide/forward-leg-swings/>

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FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: Leg Swing⁹

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">• Have the child put their palm(s) on a wall for balance when assuming position to decrease physical demand	
Change the task	
<ul style="list-style-type: none">• Have the child start with a small leg swing to decrease physical demand	<ul style="list-style-type: none">• Have the child put their hands on their hips to increase physical demand• Increase the height or speed of the leg swing to increase physical demand

⁹ Spotebi. <https://www.spotebi.com/exercise-guide/forward-leg-swings/>