

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Follow the Trail*<sup>1</sup>

**Description:** Outline a winding trail on the floor, carpet, grassy area or environment. Have the child try to follow the trail.

### Adaptations for Wheelchair Users:

Children who are using wheelchairs can also participate by manouvering their chair through the obstacle course.

### Number of participants



Adapted from <https://www.youtube.com/watch?v=kYuG2Z8JR9s>

### Skills

**Physical:** upper and lower limb coordination, reaction time, gross motor skill, balance

**Cognitive:** sustained attention, selective attention

**Social:** awareness of personal space

### Equipment

- None

### Goal examples:

- I will be able to follow 2 different trails in under 2 minutes.
- I can do my best to follow the obstacle course trail.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Temple, V. & Preece, A. (2007). *HOP: Healthy Opportunities for Preschoolers*. 2010 Legacies Now.

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**FUNDAMENTAL MOTOR SKILL: BALANCE**

**ACTIVITY: *Follow the Trail*<sup>1</sup>**



Wheelchair friendly?

Yes

**Modifications**

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none"><li>• Have the child complete the activity by them self to decrease <b>social demand</b></li></ul>	<ul style="list-style-type: none"><li>• Have the child follow a trail on 3 or more different kinds of terrain to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
Change the task	
	<ul style="list-style-type: none"><li>• Have the child complete the activity as fast as possible to increase <b>physical demand</b></li></ul>

<sup>1</sup> Temple, V. & Preece, A. (2007). *HOP: Healthy Opportunities for Preschoolers*. 2010 Legacies Now.