

## 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?

Ask the children to stand in a space so they cannot touch each other. Stand in view of the children so they can copy your actions. Ask children to stand on one leg, look ahead, with arms out to the side and try to stay as still as possible. Next, ask them to change to the other leg and repeat.

### 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.