



## **GYM BALL PROGRAMME**



**AIMS: To improve dynamic balance, core stability and gravitational insecurity**

***Complete the programme 4-5 times a week.***



### **1. Sitting on the ball**

Child sits on the ball, facing you with his feet off the floor. Hold just below his knees. Move ball backwards and forwards x20, encouraging child to keep his balance. Then move ball side to side x20, and encourage his to stay upright. Approx 3 mins Progress by providing random movements e.g. circular

### **2. Lying on the ball**

Child to lie on ball on his tummy. Hold below the knees with his legs either side of you. Have someone throw a balloon or light ball at child for his to hit back with either hand. Approx 2 mins. Continue moving gym ball randomly.

### **3. Sitting on the ball**

Child to sit on ball facing you held at the knees progressing to her feet. Child is to reach behind his head, take an object from someone then bend forward to place it on the floor. Alter the position of the object behind him. Continue to move the ball randomly. Approx 10 objects.

### **4. Lying on the ball**

On his tummy child is to self roll the ball forwards and backwards so he can touch the floor with both hands then both feet. Continue for 1 minute.



## **Welcome to our services**

You can find out more about our Trust and the services we provide at our website:

<https://www.cumbriapartnership.nhs.uk>

Information on other services & organisations available locally can be found here: <http://localoffer.cumbria.gov.uk/>



CPFT



Local Offer



### **5. Lying on the ball**

Lie on tummy, hold below the knees. Roll ball randomly. Child to extend up to reach for toy off parent or table, placed in a variety of positions. Object can then be thrown onto set target. Approx 10-15 objects.

### **6. Lying on the ball**

Child to extend up and reach behind for an object placed at various positions and throw object forwards. X 10 -15objects

### **7. Child and parent sitting on the floor with legs outstretched**

Roll the ball to child for him to catch and raise up above his head without falling over backwards then rolling back to you x 10.

**GOOD LUCK!**



### **Welcome to our services**

You can find out more about our Trust and the services we provide at our website:

<https://www.cumbriapartnership.nhs.uk>

Information on other services & organisations available locally can be found here: <http://localoffer.cumbria.gov.uk/>



CPFT



Local Offer