

Balance Stations

Activity

Resource: Early Learning Resource

Grade(s): Early Learning

Curriculum Expectations

7.1, 8.1, 8.2, 8.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

Activity Learning Goals

By the end of the activity children will be able to:

- participate actively in creative movement activities
- demonstrate spatial awareness
- demonstrate control of large muscles with and without equipment
- demonstrate balance, whole-body coordination, and flexibility in movement

Equipment

- 5 peacock feathers
- 5 beanbags
- 4 benches
- Pylons

- Ropes
- 4 mats
- Early Learning Anecdotal Recording Chart

Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the furniture/walls. Remind children to be cautious when moving, and to be aware of personal space.

Assessment Opportunity

EL-K Team observation of children's demonstrated application of creative movement, active participation, spatial awareness, large muscle control and balance can be recorded on the Anecdotal Recording Chart.

Balance Stations

Set up the following 4 balance stations. Review instructions and safety rules for each station. Children work in groups of four or five and explore each station, rotating through each station every four or five minutes:

- **Feather station:** Use peacock feathers to balance on various body parts (finger, nose, elbow).
- **Bench station:** Practise travelling across the bench in a variety of ways.
- **Mats:** Children practise log rolls, keeping bodies tight and straight.
- **Beanbags:** Balance beanbags on different body parts, and follow pathways marked by pylons and skipping ropes on the floor.

Notes to EL-K Team

- Reinforce safety rules such as: move in control, be aware of space, take turns at each station and be careful when walking on benches.
- Remind children of stop and go signals when rotating stations.
- Consider having children create stations by suggesting different ways they can balance.

- Children stop the activity on the signal, clean up the station, sit down and wait until their group is called to move to the next station.
- Pool noodles, cut in half, can also be used for boundaries or to balance on body parts instead of using feathers.
- Mark pathways using pylons and ropes.

Connection Questions to Expand and Enhance Play

- Why is it important to move safely on the bench?
- How many different ways can you travel across the bench?
- What body parts can you balance the beanbag on?