



Traditional Use

Rehabilitation exercises

Test and develop balance ability.

Individual / Partner / Group Activities

1. Partner

One person stands on balance board, while their partner helps them maintain balance.

Balance while wearing a blindfold

Balance on one foot

Whilst standing on the board control the board by tapping the front, then back edges onto the ground, then side to side.

Balance on the board and rotate it in a circular motion without the edge touching the ground

Chest pass a ball to your partner both standing on a board

2. Group

Each student stands on a balance board, whoever remains balanced on the board the longest is the winner.

Suggested Games

1. Balance Ball: Divide into partners, one person on the balance board and the other holding a ball. The object of this activity is for the person on the board to remain balanced and catch the ball from their partner. The team with the most catches at the end of a specified time period wins. (Ball can be substituted for beanbags, etc)