

ACTIVITY SHEETS

FOAM BEAM SET

Traditional Uses

- Foam beam to be used for general balance activities. Used to build confidence without the safety issues associated with traditional beams.
- Can also be used to form an Indoor Hockey goal.

Individual Activities

- Basic walking skills, progression to walking on toes, step kicks, hops, jumping and basic changes of direction.
- May also be used for bunny hops and handstand lead up activities.
- Incorporate other equipment once confidence has been built such as walking with beanbag on head and stepping over small flexidomes, which improves skill development.

Group Activities

Beam Navigation;

- Place 2 sets of beams parallel to each other. Place one hoop at one end of the each beam. The person furthest from the hoop must navigate their way through the team without falling off. The first team to have all members in the hoop having navigated through the team without falling off wins.
- Should a team member fall off, they must return to the start and begin again.
- Beams can be added and configured to add difficulty to the task.