

Stability

Fundamental Movement Skills

Stability is the ability to maintain balance, either while still or in motion. Stability Fundamental Movement Skills (FMS) include landing, balance and rotation.

FMS can be learnt through plenty of active free play. Specifically, these movements will help develop balance and stability.

- **Spinning**
- **Rolling**
- **Being upside-down**
- **Rocking**
- **Swinging**
- **Balancing**

Developing the vestibular system

The vestibular system is our internal sense of balance. Children are not born with this, it must be learnt through physical movement. This is because movement constantly challenges our brain to notice where we are in space, and whether we're balanced or not.

The main part of our vestibular system is in our ears. When we move, nerve endings (cilia) in the ear canals send information to the brain about what is needed to become upright or regain balance. The more a body moves and stimulates this process, the better the development of the vestibular system.

The best activities for this are slow spinning, rolling and hanging upside down. Rocking, balancing and swinging are also beneficial. With repetition multiple times each day, this process becomes automated, so the child's brain power is free for other tasks like learning, creativity and concentration.



Stability

Fundamental Movement Skills

Activity ideas

Balance beams and stepping stones

Freeze a.k.a. statues

Connect it

Teacher calls out different body parts, these are the only body parts allowed to touch the ground.

Chalk shapes

Using chalk, draw large shapes on the concrete and then play 'follow the leader'.

Egg & spoon

Bean bag balance

Each child has a bean bag and tries to balance it on different body parts.

Music and dancing

'Throw the bean bag' or 'Turnaround Game' songs (Grigg & Ringrose, 2004).

Turn the page

Children lie down on their backs while you read them a story. When the page is turned they roll over, on the next page children roll back the other way.

Cocoon rolls

Each child has a large towel on the floor to roll themselves up in and unroll again.

Rolling over swiss ball/Barrel

Dizzy giddy

Wobble board or balance board

Stilts

Obstacle course or free play

Play involving spinning, rolling, or being upside-down

