

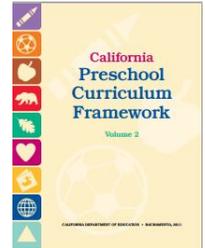


## HANDOUT 9

Substrand Reflection: Interactions and Strategies, 1.0

### Physical Development Domain

### Fundamental Movement Skills: 1.0 Balance



Interactions and Strategies	Page # <small>(PCF, Vol. 2)</small>	Notes/Ideas
Design spaces and activities to develop balance following a developmental progression.	p. 142	
Provide opportunities that include diverse cultural themes.	p. 142	
Incorporate balance activities into the children's world.	p. 142	
Provide opportunities for activities that include both active movements and still body positions.	p. 142	
Challenge children's balance abilities by asking questions.	p. 143	
Encourage persistence during challenging balance tasks.	p. 143	
Post pictures of balance positions and balance activities.	p. 143	
Design the environment so children combine balance skills with fundamental movement skills and movement concepts.	p. 144	
Provide a variety of sensory cues that facilitate multisensory learning.	p. 146	
Modify balance activities to increase participation by children with disabilities and special needs.	p. 146	
Use visual aids, foot and handprints, and objects on the floor to promote balancing skills.	p. 146	