






Exercise Ball Activities




Laying on tummy push the exercise ball back and fourth



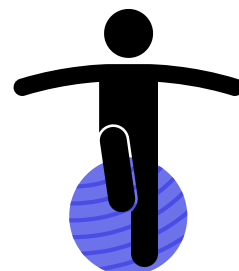
In high kneeling, push / pull the exercise ball, similar to tug of war



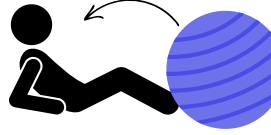
Lay on your tummy over the exercise ball, introducing target practice games i.e. stabilise yourself with one hand whilst throwing using your other hand



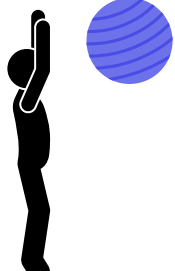
Balloon games
* sit on exercise ball and play volley balloon*



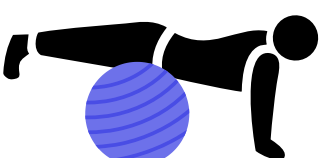
Sitting on gym ball, balance whilst lifting one leg at a time



Rainbow pass (laying on back with exercise between feet, transfer exercise ball into hands & repeat).



Over head throwing, catch, bounce, roll a large exercise ball



Gentle rolling back and forth laying on your tummy



Donkey kicks - laying on your back, bring your feet up to your chest to kick the ball. Stabilise using hands or forearms