



Walking On A Beam

Here are ways you can have kids build skills on a beam.

- * Walk on Tip Toes
- * Hopping
- * Backwards
- * Blindfolded
- * Walk at different speeds
- * Walk sideways
- * Walk while bouncing a ball
- * Crab walk sideways with feet on low beam and hands on floor
- * Step over the stuffed animals or dots
- * Try donning and doffing a jacket while on the beam
- * Stand while passing a ball around your waist
- * Walk while keeping a balloon up in the air
- * Walk in time to the beat of music
- * Wheel barrel walk with your hands on the beam
- * Walk with a book balanced on your head