

FITBALL BALANCE STONES

Item # 36646

- Fitball® Balance Stones provide intensive proprioceptive input. They help to develop balance, core strength, ankle stability and haptic tolerance. As students learn to balance on the stones, they develop their understanding of center of gravity, and learn to adapt posturing to maintain balance. They can also be used for color recognition and sequencing activities.
- Place Fitball Balance Stones in a circle on the floor. Have students stand with both feet on one stone. Once they gain balance, ask them to change stones, moving in a counter-clockwise direction. Each time they gain balance on a stone, ask them to move again. Keep hold times as short as possible. For students who need purpose in movement, use a stopwatch or desk-bell to signal time to move.
- Ask students to stand on Fitball Balance Stone with both feet. Once they gain balance, have them change positions to cupé, passé, scale, arabesque or needle. Students who are unable to perform needle can stand with both hands on both ankles.
- Play “Simon Says” for body positions while balancing on the Fitball Balance Stone.
- Place Fitball Balance Stones in random sequence on the floor. Ask students to move to the Fitball Balance Stone correlating to the color called out.
- Place Fitball Balance Stones in a specific color sequence. Create other stations in the same sequence of color. Ask students to repeat the colors as they move through the Fitball Balance Stones and other sequenced stations. At the end of the class, ask students to repeat the sequence of color by memory.



- Periodically, a student may “seek” texture. Sometimes, they will rub their hands across carpet or other textured surface for this input. Fitball Balance Stones are perfect for providing rough texture for students to rub their hands across. Set Fitball Balance Stones close to class activity area as a calming station for this purpose.
- As students gain proficiency in balance, turn the Fitball Balance Stones over, and ask students perform activities listed above on the flat surface of the stone. This is a more intensive balancing drill.

Beth Gardiner brings an impressive array of experience and professional affiliations in the gymnastics world, spanning three decades. As owner of Heart of Texas Gymnastics Beth specializes in preschool gymnastics, recreational, compulsory team and special needs gymnastics. Her child-first philosophy and skill-based curriculum have proven effective in building dynamic and highly successful gymnastics programs. Through these, and as a volunteer with Special Olympics and other private organizations, she regularly works with children and adults who have disabilities, researching ways to serve the special needs population in the gym environment. Beth has also served as a USA Gymnastics National Instructor since 1997 and is a 1983 graduate of Texas A&M University.