

WHY USE A FITBALL?

A fit ball is very versatile for use at home and school & it can be used in a variety of ways to suit everyone's needs.

Using a fit ball can support the development of skills such as core muscle & upper body strength, balance, coordination, body awareness, sensory processing, endurance and hand-eye coordination.



HOW CAN YOU USE A FITBALL AT HOME/AT SCHOOL?



PUSH-BACKS

Lay on your stomach on the floor. Hold your arms & elbows above the ground, while keeping your feet on the ground (try not to let them lift!) When your partner rolls the ball towards you, push the ball back to them, keeping your arms up and elbows off the ground.

SKILL AREAS: Endurance, postural strength, core strengthening, upper body strength, proprioceptive input.

KICK-BACKS

Sit on the floor and lean back to rest your elbows on the floor, with arms bent. Bend your knees to raise your feet above the ground and keep them in the air. When your partner rolls the ball towards you, kick the ball back to them, keeping your feet up.

SKILL AREAS: Endurance, core strengthening, upper body strength, lower body strength and proprioceptive input.



SUPERMAN

Start by laying over the fit ball, on your stomach and stretch your arms and legs out. Next, raise your left arm and right leg. Then alternate with the right arm and left leg. Hold position for several seconds.

SKILL AREAS: Motor planning, postural strength, core strengthening, coordination.



ROLLOVER

Start by laying over the fit ball on your stomach. Use your arms to hold your body up (try to keep elbows slightly bent). Keep your legs on the ball with your feet in the air and walk forwards with your arms.

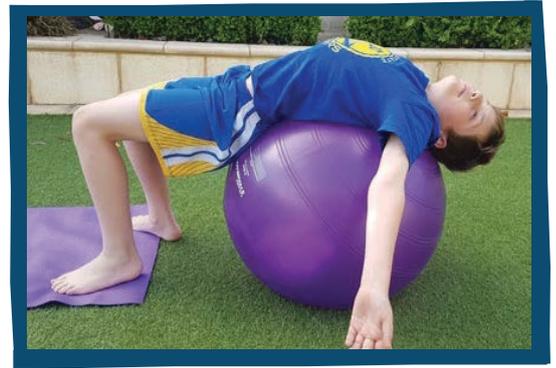
Touch a marker, pick up a puzzle piece or sight word, or a game piece, and roll back to start position. Continue until all pieces are collected.

SKILL AREAS: Balance, core strengthening, upper & lower body endurance, vestibular input.

STRETCH OUT

Start by sitting on the fit ball and walk your legs forwards, to let your back rest on the fit ball. Hold your feet on the ground (you may need to place your feet wide to balance). Let your arms stretch out and your head gently rest over the ball.

SKILL AREAS: Balance, core strengthening, body awareness, vestibular input, self-regulation.



STEAMROLLER

Lay on your stomach on the floor. Stretch your arms and legs out. Your partner can roll the fit ball over your body, starting from your feet, over your legs, back, arms, hands, and even your head.

Your partner must check that the pressure is not too hard/soft, and that this feels comfortable for you.

SKILL AREAS: Proprioceptive input, body awareness, tactile input, self-regulation.

PUSH UP THE WALL

Start with the fit ball on the ground. Use your hands to push the ball up the wall and hold it at the top. Push into the fit ball with your hands 5 times and roll the ball back down.

SKILL AREAS: Proprioceptive input, body awareness, upper body endurance, tactile input, self-regulation.



PUSH-UPS



Start by laying over the fit ball on your stomach. Use your arms to hold your body up (try to keep elbows slightly bent). Keep your legs on the ball with your feet in the air and walk forwards with your arms.

Bend your elbows to lower your body down, then push through your hands & arms to push back up.

SKILL AREAS: Endurance, core strengthening, upper body strength, proprioceptive & vestibular input.

LIFT UP & DOWN

Start with the ball on the ground. Lift the ball up by placing your hands on the sides of the fit ball and raising the ball above your head. Hold for a few seconds if you like, then place the ball gently back down on the ground. Repeat.

SKILL AREAS: Core strengthening, upper body endurance, balance.



WALK AROUNDS

Start by laying with your stomach on the fit ball and hands on the ground. Roll forwards so your lower legs are on ball and hands on floor. While looking down at the floor, move hands side to side so that you 'walk' in a circle. Repeat with the other arm leading and go in opposite direction.

SKILL AREAS: Endurance, core strengthening, upper body strength, motor planning & vestibular input.



PAINT-A-RAINBOW

Pretend the fit ball is a giant paintbrush and use it to paint and imaginary rainbow.

Hold the ball, starting on the floor to one side, then reaching up with the fit ball, over your head and down to the other side.

SKILL AREAS: Crossing the midline, upper body endurance, motor planning & vestibular input.





HAND-TO-FOOT PASS

Lie on your back with your knees bent, feet flat on floor. Holding the ball in both hands on the floor overhead, bring your bent legs up toward your waist, bringing your arms and the ball toward your waist at the same time. Place the ball between your ankles and slowly lower both feet and arms to floor. Aim to keep your back, hips and head on floor through the whole movement.

Repeat the sequence.

SKILL AREAS : Endurance, core strengthening, core stability, upper body strength, lower body strength, motor planning.

OVERHEAD REACH TO SQUAT

Stand with feet slightly wider than shoulder width apart, holding the ball overhead with arms outstretched. Keeping your chest and head up, squat your body down like sitting in a chair, lowering your arms in front so that the ball touches the floor. As you start standing, raise the ball up, returning to the start position.

Skill areas : Upper body endurance & strengthening, core strengthening, lower body endurance.



BALANCE

Kneel on the ball with your hands in front and see how long you can balance on the fit ball with arms & legs off the floor. Challenge yourself to beat your time!

SKILL AREAS: Balance, core strengthening, upper & lower body endurance, vestibular input.

BOUNCE

Sit on the fit ball with your feet on the ground and bounce with your bottom on the ball.

Push through your leg muscles to bounce higher and keep your balance to avoid slipping off!

SKILL AREAS : Balance, core strengthening, lower body endurance, vestibular input.

