



Physical Health, Well-Being, and Movement Skills Activity for 48 to 54 Months

Balance Fishing

This is a fun activity that will REALLY challenge children's balance.

Materials:

- Balance beam or wood plank
- Cut-out fish with paper clips attached
- Dowel-rod fishing pole with magnet at end of string
- Markers or paint

What to do:

1. Cut out fish using foam board or felt. Have the child help, if possible.
2. Have the child decorate the fish with paint or markers and place a paper clip on each design.
3. Use a dowel with a string attached as the pole. Place a magnet (or several) at the end of the string.
4. Use blue tarp on the floor to make scenery appear ocean-like.
5. Have the child stand on the balance beam or plank and use the fishing pole to touch the paper clip to catch the fish.
6. Encourage the child to "walk down stream" along the balance beam —forwards, sideways, and backwards.

