



Activities That Improve Your Balance and Coordination

KS2 PE

KS3 PE

Ages 9-14 ⌚ 3 min read

What Are Balance and Coordination?

Balance is your ability to stay upright and stable, whether you're standing still or moving. **Coordination** is when different parts of your body work together smoothly. When you catch a ball, your eyes, hands, and feet all coordinate to make it happen. Both skills are essential for sports, dancing, and even walking safely.

Think of it like a video game: balance is keeping your character upright, and coordination is making all the buttons work together to perform the perfect move.

Sports That Build Balance

Gymnastics is one of the best activities for balance. Handstands, cartwheels, and beam work challenge your body to stay controlled and centred. **Yoga** is another excellent choice – poses like the **tree pose** force you to engage your core muscles and stabilise your body. **Skateboarding**, **rollerblading**, and **surfing** all require constant micro-adjustments to stay upright on moving surfaces.

Martial arts like karate and taekwondo also develop balance through stances and kicks. Even simple activities like standing on one leg or walking along a line improve your stability over time.

Games for Better Coordination

Ball sports are brilliant for coordination. **Tennis**, **badminton**, **netball**, and **basketball** all require your hands, eyes, and feet to work in perfect harmony.

Juggling is a fantastic standalone activity – it trains your brain to time multiple movements at once.

Think of it like conducting an orchestra: every instrument (your body parts) must play at exactly the right moment to create harmony.

Dancing combines both balance and coordination brilliantly. Whether it's ballet, hip-hop, or street dancing, you're learning to control your body while staying rhythmically

in time.

Easy Daily Exercises

You don't need fancy equipment. Try **hopscotch**, which improves balance and coordination simultaneously. **Skipping** with a rope is equally effective – it synchronises your jump timing with arm movements.

Tai chi, an ancient Chinese practice, uses slow, controlled movements that are perfect for balance training. **Pilates** strengthens your core muscles, which are crucial for stability.

Why Practice Regularly?

The more you practise these activities, the better your **proprioception** becomes – that's your body's awareness of where it is in space. Regular practice also reduces injury risk and makes everyday movements feel easier. **Neuroplasticity**, the brain's ability to form new connections, means you can improve these skills at any age with consistent effort.