

Functional Balance

Department: Independent Living Skills

Priority: Core class--high priority

Overall purpose of class:

To improve eye-hand coordination, righting reactions, proprioception and all skills necessary to achieve and maintain dynamic balance during functional activities. Game activities that require shifting weight, arm use and good eye hand coordination are utilized. A secondary class purpose is to provide students with leisure skills that may be new for them. All of these activities inspire fun and camaraderie. Games used most frequently are: pool, air hockey, bowling, darts, and horseshoes.

Number of classes held per week:

Classes are held twice a week

Optimum class time:

Morning although many of these activities are available as interactive leisure activities during lunch breaks and before and after school.

Instructor requirements:

1 shift students safely through variety of activities Multiple activities can go on at the same time.

Number of students:

Depends on abilities, about 8 usually or 10 and determined by space and equipment and how many people can be safely supervised.

Student ability range and limitations:

Students who can participate without assistance and who have adequate vision take and enjoy these classes. All activities are adapted to accommodate a wide variety of physical impairments.

Space and Equipment requirements:

Space appropriate for available equipment. At the Center we have ample space for a regulation pool table, a commercial sized air hockey table and enough indoor space for an indoor Bocce Ball area.

Student Needs to be met from the perspective of the instructor:

- Social interaction
- Leisure engagement
- Learning to participate in activities with disability
- Increased dynamic balance and upper body strength

Typical Student Goals that lead to placement in the class:

Students requesting this class may have prior experience with one or more of the activities and want to regain or improve skills, or they indicate to the counselor that they want to make better use of their arms and increase upper extremity function.

[Notes on adapted Bocce Ball \(link to 6b.5.a\)](#)