

Stability skills are movements where the body remains in place but moves around its horizontal and vertical axis. For example: balancing, stretching, bending and twisting.

These skills are needed in order to progress on to locomotor and manipulative skills.

Balancing in particular is important.

Balance is when there is an even distribution of weight on each side of a vertical axis.

Static balance is where a child is balanced while stationary, and dynamic balance is where balance is maintained while moving.

Static balance develops before dynamic balance.

Children can be encouraged to hold their arms out to maintain balance and can practice balancing by moving along balance beams or similar equipment through obstacle courses, moving while balancing a beanbag on different parts of their body, or through dance and yoga.