

Bal-A-Vis-X

Recommended Teaching Protocol – March 2012

With or without bags:

Seated Clap-over-Return (“Clap-Hand”) – hands on knees
Seated Clap-over-Return – hands a few inches above knees
Standing Clap-over-Return

Feet: Right –back, left-back

Right foot always starts, no matter which hand you use.

Do feet alone, then feet with 1-bag square, then feet w. 2-bag square.

From “The Complete Bal-A-Vis-X” DVD set or Illustrated Bal-A-Vis-X book (brown cover):

1-Bag Rectangle (put bag in *student’s* hand) (can be hand over hand)

1-bag Oval

2-Bag Rectangle

2-Bag Oval

1-Ball Rectangle

1-Ball Oval

2-Ball Rectangle

2-Ball Oval

2-Bag Double Toss

3-bag Split

2-Ball Double Bounce

3-Ball Split

2-Ball Simultaneous Bounce with a partner

1-Bag Toss, 2 Hands

1-Bag Toss, 1 Hand (R & L, straight ahead and crossing midline)

1-Bag Capital ‘A’ Toss

1-Bag Clap-Over

2-Bag Toss, 2-Hands

2-Bag Juggle

2-Bag Juggle, Behind Back

1-Ball Bounce

1-Ball V-Bounce

1-Ball V Catch Clap

2-Ball Bounce Juggle

Puppet Arms Bounce with Pause


Puppet Arms Bounce

For more information, visit www.bal-a-vis-x.com, or e-mail ktheld@mc.com.

Bal-A-Vis-X Exercises, cont.

4. **2 Bag/Ball Oval:** Each child has a ball. The bounce is Homolateral (e.g., Child 1 bounces ball from right side of body and Child 2 bounces ball from left side of body.) Each child catches ball and passes *behind body* – 10 times.
- 4.a. 2 Bag/Ball Oval – opposite direction – 10 times.

Tips for Tossing Bags:

1. **VERY Important:** Make sure you and the child are watching the bags. Instruct the student to watch the bags leave their hand, in the air, and landing in their hands. That's how the eye muscles get stronger.
2. Toss the bag in a rainbow arc.  It should go up in the middle and come down to land approximately at your partner's waist. This makes it much easier to catch.
3. Squeeze the bag when you catch it. This gives proprioceptive input (helps you know where you are in space) and helps you hold onto the bags, which can get slippery.
4. Touch your upturned hand that's holding the bag to your hip bone before you toss. (Keeps the rhythm.) The cue is "Down, up..."

Tips for Bouncing Balls:

1. Balls should only bounce waist high – your waist for individual exercises; your *partner's* waist for partner exercises.
2. Handshake position for the release. ("See the c.")
3. Cup catch, then wrist turns back to handshake position to bounce.
4. Bicep and forearm should gently touch before bouncing (helps immensely with timing/rhythm). The cue is "Up down..."
5. After you release the ball, your hand doesn't go back past your pants pocket.
6. Same speed up, same speed down – even release speed for the ball; nice and easy.

It's not a good idea to use the balls outside or on carpeting, because cement and some types of carpeting will wear off the textured surface of the ball, making it too slippery. It's also not a great thing to use with animals, for obvious reasons (well, maybe not obvious to children!).

Balance Board

- Stimulates spatial and body awareness, promotes all brain function, and calls attention to the task at hand, whether physical or academic.

VISTAR Ball

- Vision Tracking Assessment and Remediation ball used to evaluate and improve ocular motility: the ability of both eyes to track a moving object, including tracking words across a page and transitioning near to far vision (desktop to whiteboard and back).

To order Bal-A-Vis-X books and supplies, visit <http://www.bal-a-vis-x.com>

To learn about upcoming Bal-A-Vis-X workshops in your area, visit bal-a-vis-x.com or e-mail Katy Held: ktheld@me.com

Basic Bal-A-Vis-X exercises

Developed by Bill Hubert, Bal-A-Vis-X Inc.

Singles Using One Bag or Ball

(It's ideal to do these exercises standing on a balance board if possible. It's not required, but it is definitely beneficial.)

1. Throw bag up in the air with right/left hand, catch with same hand – 10 times
- 1.a. Throw bag up in the air with right/left hand, catch with opposite hand – 10 times
(Watch to see how child tracks the bag)
2. Toss bag in an arc from right to left – 10 times
- 2.a. Toss bag in an arc from left to right – 10 times
(Again, watch to see how child tracks the bag)
3. Bounce ball in front of self, with right hand, catch with same hand – 10 times
- 3.a. Bounce ball in front of self, with left hand, catch with same hand – 10 times
(watch to see how the child tracks the ball and how s/he catches the ball – should rotate hand from prone to supine)
4. Bounce ball in front of self, with dominant hand, catch w/non-dominant hand – 10 times
- 4.a. Bounce ball in front of self, with non-dominant hand, catch w/dominant hand – 10 times
(Great to do with a group, with focus on timing and rhythm – all balls should bounce at the same time.)

Doubles – Done with a Partner

1. **1 ball/bag Rectangle:** Child 1 bounces ball to Child 2 on same side of body. For example, if Child 1 bounces with right hand, Child 2 catches with left hand. Child 2 passes ball to opposite hand and bounce back to Child 1 on same side of body. Child 1 passes ball to opposite hand. Repeat in same direction 10 times. **Note: if you have bags, start with those; they don't roll away if they are dropped.**
- 1.a. Same activity, but the "rectangle" should go in the opposite direction. For example, if Child 1 started with right hand for #1, then they start with their left hand for #1a. (It's okay if one direction is harder – that means that this activity will be great for growing new neural pathways in the brain.)
2. **1 ball/bag Oval:** Child 1 bounces ball to Child 2 on same side of body. Child 2 passes ball behind body, and bounces back to Child 1 on same side of body – 10 times. Keep a slow steady rhythm.
- 2.a. Repeat 1 ball/bag Oval, but go in the opposite direction. (to develop new neural pathways.)
3. **2 Bag/Ball Rectangle:** Each child has a ball. Child 1 bounces ball from right side of body to partner's left hand, while partner bounces their ball from their right hand to Child 1's left hand. They catch the balls/bags at the same time, then pass the ball/bag from their left to their right hand (*crossing midline in front of their body*), and the sequence begins again, always keeping a slow, steady rhythm. 10 times.
- 3.a. 2 Bag/Ball Rectangle in opposite direction – 10 times.

For more information about Bal-A-Vis-X, please visit www.bal-a-vis-x.com.