

Manual for the Weighted Balls

with Mark and Lisa



Contents:

1x Instruction manual

2x Weight Ball 1 (Diameter: 110 mm, Weight: 1000 g, Colour: Blue)

2x Weight Ball 2 (Diameter: 130 mm, Weight: 1300 g Colour: Green)

3x Weight Ball 3 (Diameter: 150 mm, Weight: 2000g, Colour: Purple)

Age: 3+

Introduction:

The Weighted Balls are part of a series of olifu products focusing on therapy and movement. The impetus for developing these series of products was taken from a press release by the German Federal Centre for Health Education: *Health status of children and adolescents*

"...overweight and obesity are among the biggest health problems in childhood and adolescence. According to the German Nutrition Society, 11% of all boys and girls aged 6 to 17 are overweight. 9% of boys and 7% of girls have been in need of treatment in some form due to being overweight."

Being overweight and obese can be identified as consequences of physical inactivity. The reduced physical activity can lead to weak coordination, posture and cardiovascular disorders.

The Weighted Balls can be used to promote the following with children and adults:

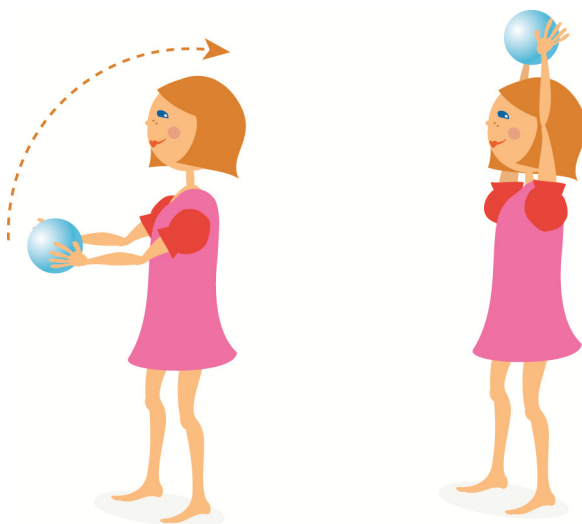
- Concentration
- Coordination
- Hand/eye coordination
- Motor skills
- Team spirit
- Colour recognition
- Sense of balance
- Sense of touch

The Weighted Balls come in three weights allowing exercises to be adapted for every individual's needs.

The following exercises can be performed using the weight balls:

- Strength exercises
- Balance exercises
- Motor coordination/enhancing exercises
- Relaxation exercises

Exercise 1: Forest workers - wood chop exercise



Age: 3+

Exercise objective: Coordination, sense of balance and motor skills.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person.

Preparation: Everyone takes a weight ball and spreads out in a space.

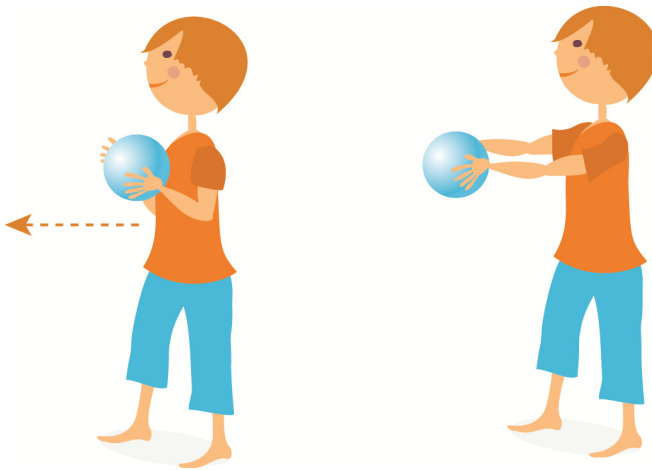
Exercises:

1. The ball is held in front of chest with outstretched arms.
2. Move the ball with both hands over the head.
3. Back to the starting position.

Suggested repetitions: 5

Variation 1: Play with rhythmic music.

Exercise 2: Forest workers - Timber!



Age: 3+

Exercise objective: Coordination, sense of balance, motor skills and rhythm training.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person.

Preparation: Everyone takes a weight ball and spreads out in a space.

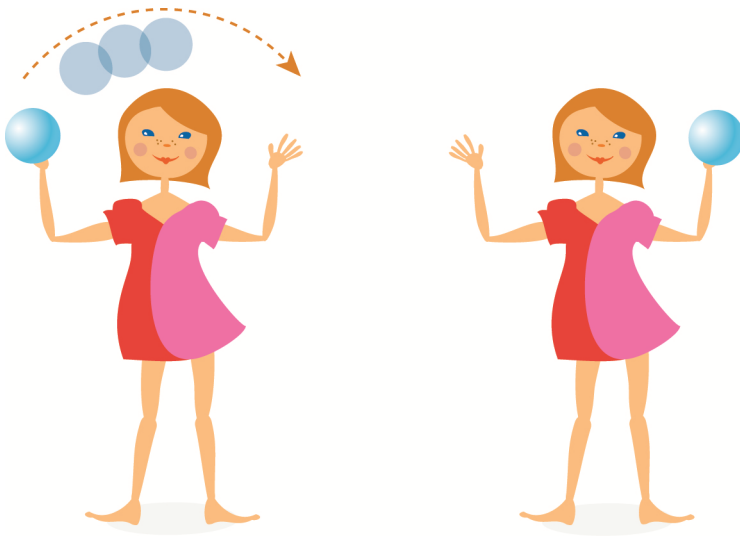
Exercises:

1. The ball is held against the chest with both hands.
2. The ball is pushed with both hands forward.
3. Back to the starting position.

Suggested repetitions: 5

To get the right rhythm, it is helpful imitate the sound "Snip, snip, snip, snip" (front and back).

Exercise 3: The sun moves across the sky



Age: 3+

Exercise objective: Concentration, hand/eye coordination.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person.

Preparation: Everyone takes a weight ball and spreads out in a space.

Exercises:

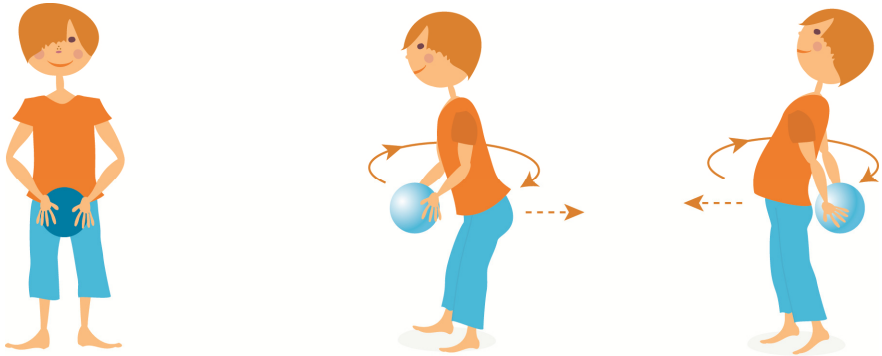
1. Everyone holds their ball with their right hand.
2. They then throw the ball from their right hand, over their head, to their left hand.
3. Repeat the action again but from the left hand to right hand.

Suggested repetitions: 5

Variation 1: Hold the ball firmly with both hands and hold it over your head.

Now move the ball as far as possible to the right side then to the left side. This variant promotes the elongation of the lateral abdominal muscles.

Exercise 4: Ball circling the body



Age: 3+

Exercise objective: Coordination, concentration and motor skills.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person.

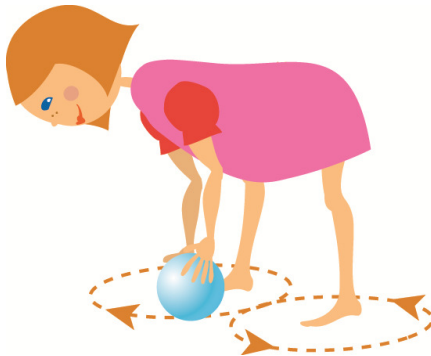
Preparation: Everyone takes a weight ball and spreads out in a space.

Exercises:

1. Hold the ball with both hands as shown.
2. Move the ball with your hands around your body like the hula hoop movement.

Suggested repetitions: 5

Exercise 5: Ball orbits the legs



Age: 3+

Exercise objective: Concentration, coordination and motor skills.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person.

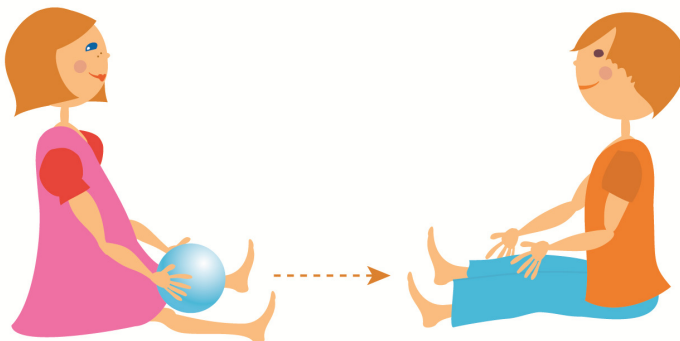
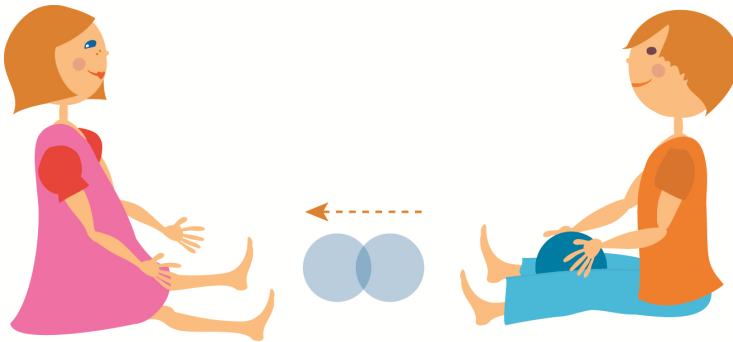
Preparation: Everyone takes a weight ball and spreads out in a space.

Exercises:

1. To begin everyone must place their ball in front of them.
2. The children bend over and move the ball around their legs in a figure of eight pattern.

Suggested repetitions: 5

Exercise 6: rolling ball



Age: 3+

Exercise objective: Development of motor skills, hand/eye coordination, concentration and team spirit.

Participants: This exercise requires the participants to be in pairs.

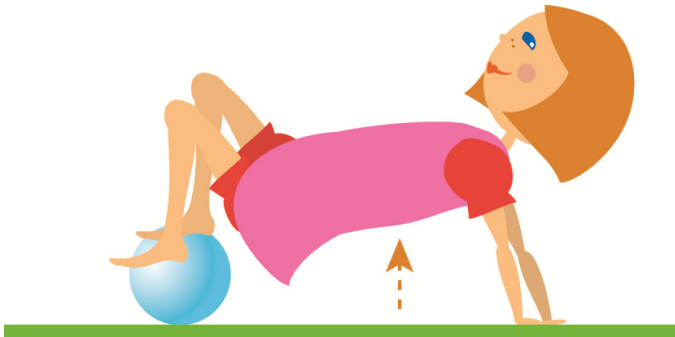
Materials: One weight ball per pair.

Preparation: Everyone is divided into pairs with a weight ball between them and spreads out in a space.

Exercises:

1. The pairs sit down face-to-face with their legs stretched apart. The distance between the pairs can be modified as desired.
2. The pairs roll the ball between each other.

Exercise 7: What fits under the bridge?



Age: 3+

Exercise objective: Strengthening the back and arm muscles, and maintaining balance.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO mat or alternatively the carpet can be used.

Exercises:

1. Lie on the floor and place both feet on the ball.
2. Lift the buttocks up slowly until you have a straight stomach. Then go back down again.

Exercise 8: Ball crawling up the legs



Age: 3+

Exercise objective: Strengthening the abdominal muscles.

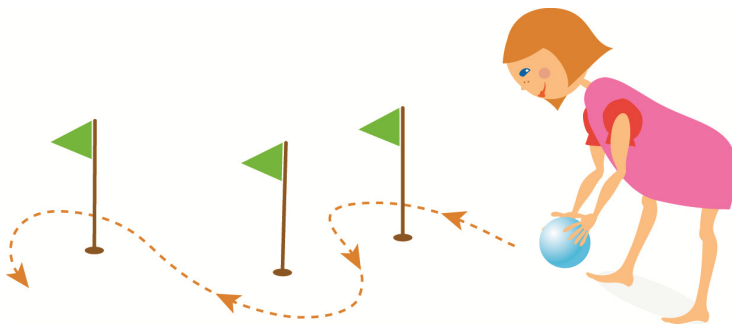
Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO mat or alternatively the carpet can be used.

Exercises:

1. Lie on your back and hold the ball with both hands on your stomach.
2. Stretch your legs up at a right angle with your hips.
3. Now lift your head (chin to chest), and roll the ball along your legs slowly up to the toes and down again.

Exercise 9: Slalom



Age: 3+

Exercise objective: Concentration, hand/eye coordination.

Participants: 2-10

Materials: One weight ball, various objects for obstacles e.g. cones, stools.

Preparation: The teacher builds an obstacle course with a starting point.

Exercises:

1. Participants line up behind each other at the starting point. Each player takes it in turns to roll their ball along the path of the obstacle course.

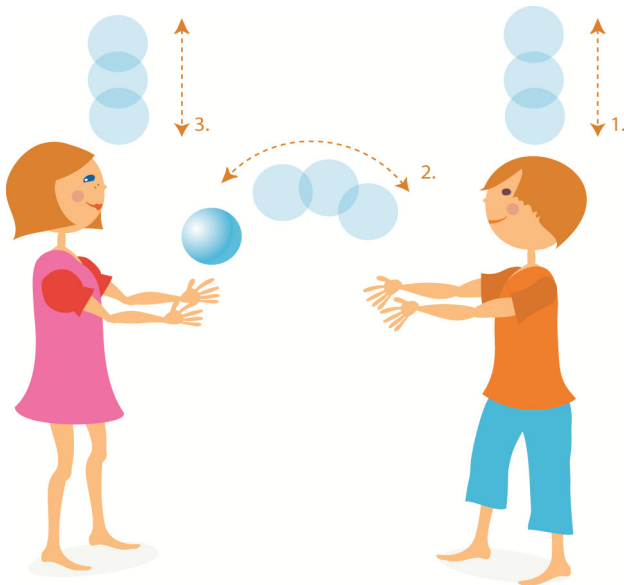
Variation 1: Instead of rolling with hands, the players use their feet.

Variation 2: Instead of rolling one ball with their hands, the players must roll two balls.

Variation 3: The teacher records the time of each player and the quickest round the obstacle course wins.

Variation 4: The teacher creates two identical obstacle courses alongside each other and put the players into two teams. The two teams then race against each other.

Exercise 10: Catch the ball...



Age: 3+

Exercise objective: Concentration, hand/eye coordination, team spirit, exercising various hand and arm muscles.

Participants: Depends on the number of weight balls.

Materials: One weight ball per pair.

Preparation: The players split into pairs and spreads out in a space.

Exercises:

1. In their pairs, the players face each other.
2. The first player throws the ball straight up in the air, catches it and then throws it to their partner. The second player catches the ball, throws it in the air, catches it and throws it to their partner.

Variation 1: The teacher increases the tempo.

Variation 2: Each pair attempts the same exercise but with two balls being thrown and caught instead of one.

Exercise 11: Monday the sun rises...



Age: 3+

Exercise objective: Strengthening the abdominal muscles.

Participants: Depends on the number of weight balls.

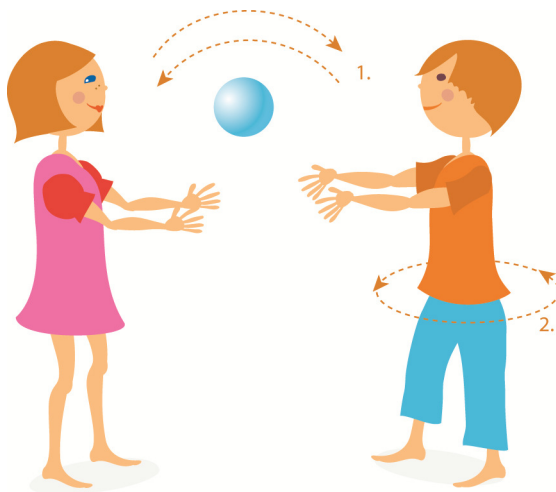
Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. The participant lies on the mat and brings their feet up to their body. The ball represents the sun and they are going up the mountain (the knees) every morning. At noon the sun is high in the sky (above the mountain peak) and at night the sun goes back down (ball on the abdomen).

Repeat this exercise with the help of the weekdays (Monday The sun rises again and under, on Tuesday the sun is back, etc.)

Exercise 12: Ballerina



Age: 3+

Exercise objective: hand/eye coordination, dexterity and balance.

Participants: Depends on the number of weight balls.

Materials: One weight ball per pair.

Preparation: The players split into pairs and spreads out in a space.

Exercises:

1. The pairs stand opposite each other.
2. One participant throws a ball to their partner. The partner catches, throws it back and then spins round.

Variation 1: Both participants rotate simultaneously.

Exercise 13: Strengthening the leg and abdominal muscles



Age: 5+

Exercise objective: Strengthening the leg and abdominal muscles.

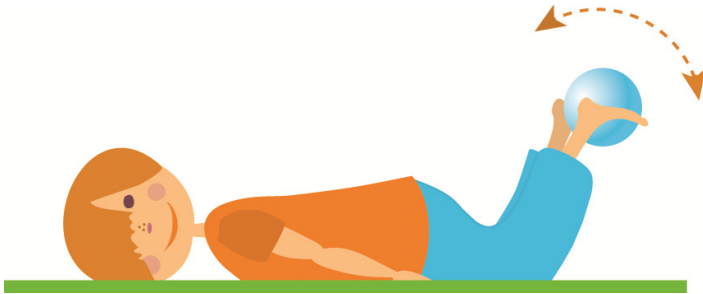
Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. The participant lies on the mat and places the ball between their feet. Their hands are under their buttocks.
2. Now each person lifts the ball with their feet up in the air to form a right angle. Then back down again.

Exercise 14: Strengthening of the leg and trunk muscles



Age: 5+

Exercise objective: Strengthening of the trunk and leg muscles.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. The participant lies on their belly, their hands are placed loosely on their side. The ball is placed between the feet.
2. Now the ball is lifted with the feet. Shortly before the legs form a right angle, the movement goes back down to just above the ground.

Variation 1: In order to strengthen the core muscles, the ball is not moved up and down but side to side.

Exercise 15: Balancing on balls



Age: 3+

Exercise objective: Sense of balance, coordination skills.

Participants: Depends on the number the weight balls.

Materials: Two weight balls per person.

Preparation: Everyone takes two weight balls and spreads out in a space.

Exercises:

1. Each participant places two weight balls on the floor, a little distance from a wall. The weight balls should be a shoulder width apart.
2. Firstly, each participant stands on the balls and places both hands against the wall. Then they take one hand off the wall. Finally, take the second hand off the wall and try to stand freely on the weight balls.

Suggested repetitions: 5

Exercise 16: Obstacle Course



Age: 3+

Exercise objective: Coordination, colour recognition, sense of balance and motor skills.

Participants: Depends on the number of weight balls.

Materials: At least 12-24 weight balls.

Preparation: The teacher builds an obstacle course of weight balls.

Exercises:

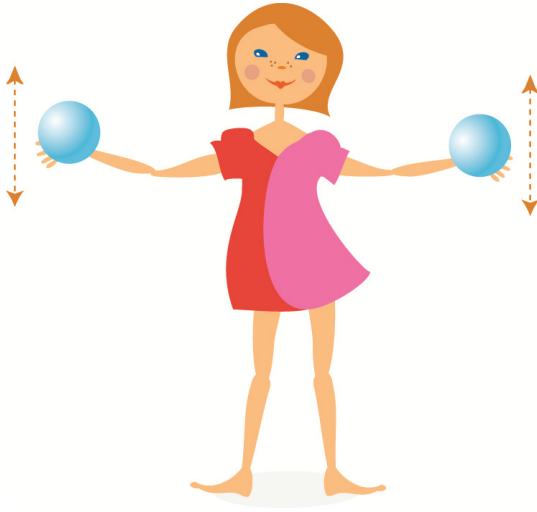
1. Participants line up behind each other at the starting point. Players take it in turns to follow the path by treading on the balance balls. When the player has arrived at the finish the next player starts.

Variation 1: The teacher times each player and the quickest player wins.

Variation 2: The teacher creates two identical obstacle courses alongside each other and put the players into two teams. The two teams then race against each other.

Variation 3: All the balls are close together on the floor and the instructor tells the player what colour to balance on and with what body part- hand or foot!

Exercise 17: Butterfly



Age: 5+

Exercise objective: Strengthening the arm muscles.

Participants: Depends on the number of weight balls.

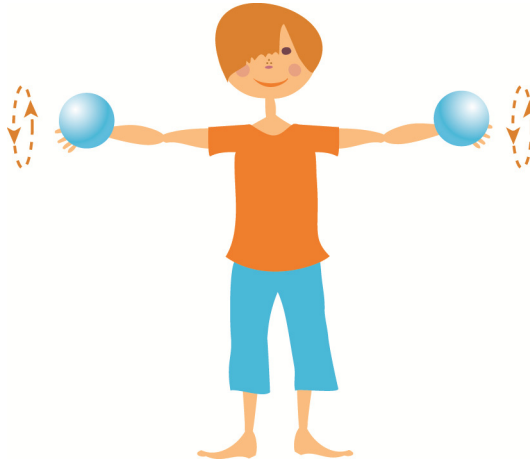
Materials: Two weight balls per person.

Exercises:

1. The participant holds an equal weight ball in each hand.
2. The participant keeps their arms straight and moves their arms up and down.

Suggested repetitions: 3

Exercise 18: Painting circles



Age: 5+

Exercise objective: Strengthening the arm muscles.

Participants: Depends on the number of weight balls.

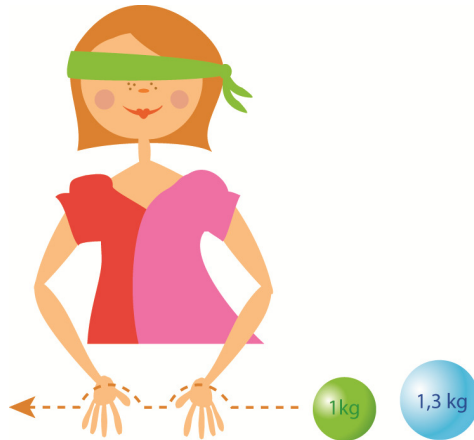
Materials: Two weight balls per person.

Exercises:

1. The participant holds an equal weight ball in each hand.
2. The participant holds the ball out with straight arms.
3. Now make small circles with the balls as if painting in the air.

Suggested repetitions: 3

Exercise 19: Can you feel the difference?



Age: 3+

Exercise objective: concentration, perception and awareness of touch and feel.

Participants: Depends on the number of weight balls.

Materials: Each pair needs a weight ball with 1000g, 1300g and 2000g.

Preparation: Each pair sits opposite each other.

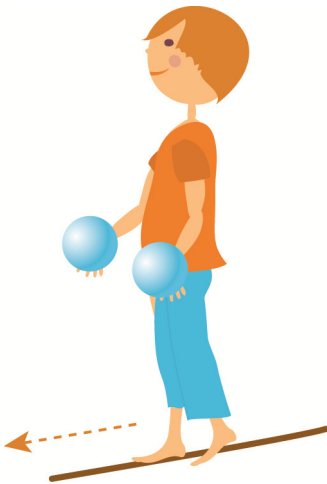
Exercises:

1. The first player must be blindfolded and have both hands on the table. The second player places two different heavy weight balls down and gently role them over the first player's hands.
2. The first player must now guess which of the two balls were heavier.

Variation 1: Three balls of different weights are used.

Variation 2: The blindfolded player must guess the colour of the ball.

Exercise 20: In the circus



Age: 3+

Exercise objective: Balance, motor skills and muscle training.

Participants: Depends on the number of weight balls.

Materials: Two weight balls per person.

Preparation: The teacher places a rope in a desired shape in the middle of the room.

Exercises:

1. The player holds a weight in each hand ball. The left arm angled to the left and the right arm angled to the right.
2. The player walks along the rope, balancing the balls in their hands, to the end of the rope.

Repetitions: 5

Variation 1: Play with rhythmic music.

Variation 2: Increase the weight of the balls.

Variation 3: The left and right hand hold different weights.

Exercise 21: Relaxing the head



Age: 3+

Exercise objective: relaxing the body and the head.

Participants: Depends on the number of weight balls.

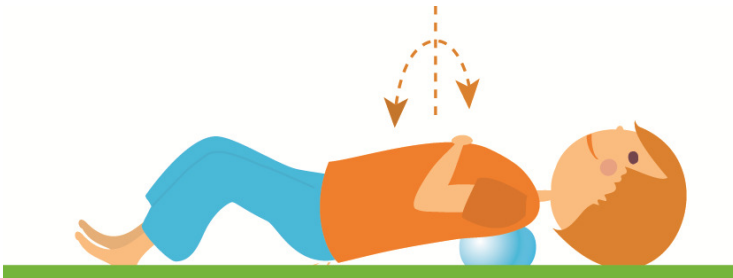
Materials: One weight ball per person.

Preparation: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. Place the ball under the head, so that it is comfortable.
2. Move the head slowly forward and backward tilting the chin toward your chest first then move the head back to stretch the neck.
3. Then move the head from right to left and from left to right over the ball.

Exercise 22: Relaxing the shoulder area



Age: 3+

Exercise objective: Relaxation exercise.

Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. The ball must be placed between the shoulder blades. This works best if you roll over on your side, place the ball on the mat and lay back on the ball. Lock your arms together in front of you (hug yourself) and slightly bend your knees.
2. With a slight rolling motion of the upper body, move from right to left and back across the ball.

Exercise 23: Relaxing in the pelvic area



Age: 3+

Exercise objective: relaxing the body, especially the pelvis.

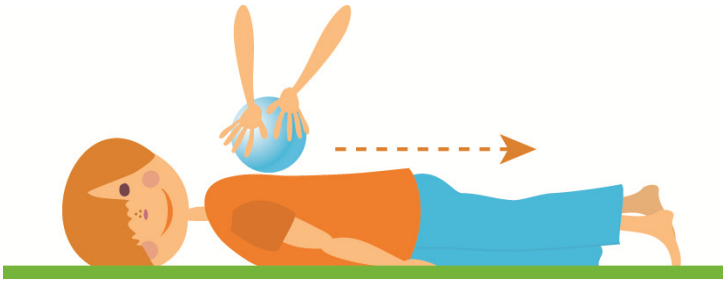
Participants: Depends on the number of weight balls.

Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Exercises:

1. Lie on your back and place the ball under the lower part of the spine. The legs are slightly bent and body weight supported on the ball.
2. Move the lower part of the spine that is being supported by the ball up and down. The movement should be performed slowly and without exertion. Those who wish can closed their eyes and deeply inhale and exhale.

Exercise 24: Relaxation through massage



Age: 3+

Exercise objective: relaxation exercise, learn the body parts, language development.

Participants: The players split into pairs.

Materials: One weight ball per person, an ISO-mat or alternatively the carpet can be used.

Preparation: In each pair a person shall lie with their stomach on the mat and outstretched arms. The second participant will hold the ball.

Exercises:

1. The seated participant rolls the ball across the body of the underlying Participant. They take it in turns.