

ACTIVITY SHEET | PEBBLE STEPPING STONES

PRODUCT INFO

28PSS | Pebble Stepping Stones

Soft, PVC inflatable domes which are suitable for a variety of fun activities including balancing, co-ordination, as well as fitness circuit exercises. The pimple finish has a gripping non-slip surface.

Set consists of 4 pebbles - 1 blue, 1 red, 1 yellow and 1 green.

TRADITIONAL USE

- Lay out four in a row or in a pattern and walk over them.
- Place domes flat side down and step on top of them to assist in developing ones balance
- Place one under each foot and balance in a static pose
- Place one under one foot, close eyes and balance on one leg.

ALTERNATIVE USE

- Turn upside down and perform dips and push ups to engage ones core stabilizing muscles
- Place one under each foot and perform squats to engage ones stabilizing muscles
- Use as markers in general P.E. and sports classes (take advantage of the four house colours for house activities and organisation)
- Foot massager under your desk

ACTIVITIES / GAMES

- Have two people face each other with one dome under each foot. They can interlock hands and attempt to move an opponent off their pebbles.
- Alternatively, a pool noodle can be used to push an opponent off their pebbles.
- Use as markers for hockey and soccer dribbling drills
- Use as indoor bases for rounders, baseball and t-ball



Develop balance



Create patterns



Use as markers