

Table S1. The main features of the Balance Wise Programme.

Content	Variations				
	Level of Difficulty Increase by Week				
	Week 1–2	Week 3–4	Week 5–6	Week 7–8	Week 9–10
Warming up and stretching					
Throwing and passing	√ (seated)	√ (seated)	√ multiple sizes of ball (standing)	√ multiple sizes of ball (standing)	√ multiple sizes of ball (standing)
Head stretch	√ (seated)	√ (seated)	√ (standing)	√ (standing)	√ (standing)
Leg stretch	√ (seated)	√ (seated)	√ (standing)	√ (standing)	√ (standing)
Trunk stretch	√ (seated)	√ (seated)	√ (standing)	√ (standing)	√ (standing)
Cognitive elements					
Counting	√ - walking and counting		√ - walking and counting–multiple currency		
Memorising	√ - memorising ingredients for baking a cake				√ - memorising a direction
Hand-eye coordination	√ - standing small BOS and passing balls into target				
Strengthening					
Knee extensor	10 reps, HS	10 reps, HS	10 reps, HS (↑weight)	10 reps, NS	10 reps, NS (↑weight)
Knee flexor					
Hip abductor	10 reps (seated)	10 reps (seated)	10 reps (seated, ↑weight)	10 reps (seated)	10 reps (seated, ↑weight)
Ankle PF					
Ankle DF dorsiflex					
Walking					
Walking	Walking around the chair supported	Walking in figure of 8	Walking around the chair and squatting supported	Walking on medium-density foam	Walking with holding full cups of water
Sideways walking	ST	ST with squatting	Side stepping on bench WS		ST with obstacles – clear the foot from green hurdle
Heel walking	Heel walking WH	Heel walking	Heel walking		
Toe walking	Toe walking WH	Toe walking NS	Toe walking NS		
Backward walking	Backward walking WH	Backward walking NS	Backward walking in figure of eight WH	Backward walking in figure of eight NS	
Tandem walking	Tandem walking WH			Tandem walking no support	Tandem walking on bench
Backward tandem walking				Backward tandem walking WS	Backward tandem walking NS
Stairs climbing	Stair climbing				

Standing balance					
Sit-to-stand	STS WH	STS NS	Hold half STS WS	Hold half STS NS	
One leg stance	1LS WH	1LS NS	1LS medium-density form WS	1LS medium-density form NS	Eyes closed 1LS medium-density form WS
Stepper				Step up and down WH	Step up and down NS
Medium-density foam rubber mat		DS/ tandem stance WH (EO)	DS/ tandem stance WH (EC)	Single stance WH (EO)	Single stance WH (EC)
Other variations		Croquet (week 4)		Hula-hoop (week 8)	
Warming down	When sitting, breath in through nose while lifting up UL and breath out through mouth while bringing down the UL to starting position.	When sitting, breath in through nose while lifting up UL and breath out through mouth while bringing down the UL to starting position.	When sitting, breath in through nose while lifting up UL and breath out through mouth while bringing down the UL to starting position.	When sitting, breath in through nose while lifting up UL and breath out through mouth while bringing down the UL to starting position.	When sitting, breath in through nose while lifting up UL and breath out through mouth while bringing down the UL to starting position.
<i>Notes:</i> ↑, increase; 1LS, one leg stance; BOS, base of support; DF, dorsiflex; DS, double stance; EO, eyes open; EC, eyes closed; HS, hold support; NS, no support; PF, plantarflex; reps, repetitions; ST, Side stepping; STS, sit to stand; UL, upper limb; WH, with support.					