

Tightrope

Equipment Needed:

✓ Chalk or Painters tape

DIY Equipment:

Don't have the items needed to play? Use lines on the ground as your tightrope!

Get Ready!

DIVIDE players into equal groups (5 or fewer players per group is best to maximize movement time)

CREATE one 10-foot "tightrope" for each group using chalk or painters tape.

TIP: For an extra challenge, create more than one "tightrope"!

Instructions:

1. We are going to practice balancing and moving our bodies in many different ways while moving across a tightrope. If you fall off that's okay! Get back on and keep moving!
2. One at a time, cross the rope in one direction. Then, when everyone has crossed, go the other way. Keep going until you hear STOP.
3. Count how many times you can get across the tightrope without falling off.

Tip: Give players different ways to get across the rope such as walking heel to toe, walking backwards, and hopping on one foot.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

Today you worked on using your balance to get across the tightrope. What other things do you do during the day where you need to practice balance?

What was the hardest way to get across the rope? Why do you think this was the hardest?