### Line Up For Balance – Recess Game

<table>
<thead>
<tr>
<th>Location</th>
<th>Rhythm</th>
<th>Nutrition</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>In/Out</td>
<td>No</td>
<td>No</td>
<td>Chalk/tape and 1 beanbag per student</td>
</tr>
</tbody>
</table>

#### Get Ready:
- Draw with chalk or use tape to create enough lines as described below, to maximize movement times for all students.
- Lines should be 10-20 feet long. Create straight, curvy, and zig-zag lines.

#### Directions:
- In this activity you will **practice balance.** The goal is to stay "on track."
- First, let’s **move** along the straight lines, keeping our feet on the lines.
- Once all students have walked straight lines, make it more challenging by doing any of the following:
  - **Move along zig-zag line**
  - **Walk heel-to-toe**
  - **Walk on toes or heels**
  - **Move with arms overhead or straight in front**
  - **Move while balancing a bean bag on your head, shoulder, etc.**
  - **Hop on one foot**
  - **Hop on the other foot**
  - **Walk sideways along the line**
  - **Walk heel-to-toe, but do it backwards!**

#### Adjustments for Physical Distancing:
- **Equipment:** Chalk, tape, or other line markers
- Create 2 sets of each type of line (straight, curvy, zigzag), each one 6 feet apart.
- Divide students so that there are equal numbers at each of the lines. Mark where students should stand to maintain 6 feet of physical distance while in their team lines.
- The first student in line will walk along the line to the end and back.
- Explain that the next student in line may begin when the person completes his/her turn.
- Once all students have had at least one chance to complete their first line, have students freeze and rotate as groups to the next line.
- Have students use a new movement for the next line.

#### Standard Connections

### Did You Know?
- Today we worked on **balance! Balance** is a part of every activity we do, like playing tag, walking a dog, or cleaning our room.

### Show and Tell!
- **Tell me some ways we can practice balance!** Show me an example!

Note: Examples include standing on one leg or standing heel-to-toe. You can make this more dynamic by changing arm positions while balancing (arms out front, to the side, overhead, behind back, or swinging a leg forward and back or side to side).

### Try This at Home:
- **Move around your house using the skills we learned today!** Can you get from one side of your house to the other walking heel-toe with your arms above your head? Try **balance walking** on different floor surfaces. Does it feel easier or harder on carpet versus a harder floor surface?