

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	Chalk/tape and 1 beanbag per student

## 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!**

## 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?

