

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	Chalk, floor tape, or poly spots

Get Ready:

- Use chalk, poly spots, or floor tape to create a river (i.e. two sides of the shore), at least 20 feet apart.
- Draw with chalk, use floor tape, or use poly spots to depict rocks (~24) in the river for students to jump on.
- Split students into 2 equal groups. One group starts on each side of the river.

Directions:

- When I say “GO”, you will hop from rock to rock and try to get across the river without falling in!
- If you fall in, you must go back to shore and start over.
- Use **one- and two-footed hops** to cross (I’ll call these out).
- Work together if two of you are approaching the same rock.
- When I say “freeze,” you should stop and try to **balance** on the rock.
- See how quickly everyone can get across! High five a classmate when they finish!

Tips:

- You can add more or less “rocks” to increase or decrease the challenge.
- You can play it like musical chairs and take away rocks with each attempt.
- You can create a separate sensory-friendly river for students who would like to move at their own pace.
- Allow the students to pick how they would like to cross the river.

Standard Connections

Did You Know?

- You had to use **balance** and **strength** to make your way across the river. You are always using **strength** and **balance** to get you moving and keep you from falling!

Show and Tell!

- ✓ **Grades K-2:** *Show me* how you move your body to keep your **balance!** *Tell me* other times you have to work to keep your **balance.**
- ✓ **Grades 3-5:** *Show me* other physical activities you do that require **balance.** Tell me if you think people naturally have good **balance**, or do you think kids need to practice **balance?** *Tell me* why you think that.

Try This at Home

- Next time you have to wait in line, try **balancing on one foot** while you wait. Count how long before you lose **balance!** Are you better at **balancing on your right or left foot?**

