ACTIVITY PLAN 29 – WALK THE LINE

Aim

To improve balance skills

Age

3-5 years

Equipment

Markers, chalk, masking tape, balance board or beam

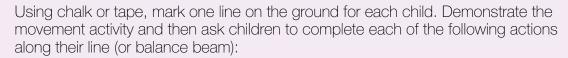
Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?



- Pretend to be walking along a tightrope
- Walk different ways: forwards, backwards, sideways
- Step over beanbags on the beam or line
- Jump along the line and back
- Hop or side-sliding.

Easier

- Use only the easier movement skills.
- Make the length of the line shorter.
- Use a wide balance board (approx 20cm) placed on the ground instead of a chalk line.



Harder

- Ask the children to jump, side slide and run along the line in different ways (forwards, backwards, sidewards).
- Place beanbags on the line that children have to step over.
- Ask children to walk heel to toe along the line (this is harder than taking a step).
- Use a narrow balance board placed on the ground or raised a short distance.

Key points

- Children should face forward looking at the line, with arms out to the side for added balance.
- Children to place one foot in front of the other slowly, ensuring each foot is positioned along the line.
- Children to try to keep body upright as they walk along line, rather than wobbling from side to side.