



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Balance 1.3: Tightrope walking

3 - 5 year olds

TIME: 30 minutes

SKILLS: Balance, jump, strike, throw

EQUIPMENT: Low beam or bench,
bean bags, hoops, skipping ropes,
masking tape, mats, music source

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

Describe in 20-30 seconds what you will be doing today.

Explain any special safety rules for the session.

Warm-up: Jumping High Fives (4 - 5 minutes)

- Ask the children to line up in front of you.
- Take a step back, hold up the palm of one hand, and ask the children to take turns jumping to “high-five” your hand.
- Adjust the height of your hand according to the height and ability of each child.
- After every child has jumped, ask them to line up and do it again, but increase the height slightly so they are challenged to jump higher.
- Repeat five to ten times, according to the children’s level of fun and fatigue.

Activity 1: Tightrope Walking (8 - 10 minutes)

Skills: Balance, locomotion

Equipment: Masking tape or existing floor markings

- Use masking tape or existing floor markings to create several “tightrope” pathways (straight or otherwise).
- Try to have one “tightrope” pathway for each child, or perhaps two children at most at each pathway.
- Ask the children to travel along their pathway and back again using a specific locomotion pattern. For example:
 - » Walk heel-to-toe (raise arms for balance)
 - » Walk sideways without crossing over your legs (side shuffle)
 - » Walk sideways by crossing over your legs (carioca)
 - » Hop on one foot (use one foot one way, other foot other way)
 - » Jump on two feet
 - » Baby crawl on hands and knees
 - » Bear crawl on hands and feet

TIPS FOR INSTRUCTION

- Each time you ask for a new locomotion pattern, demonstrate the movement to the children.

CUES

- *Arms like wings*
- *Arms straight*
- *Look forward*

Activity 2: Feed the Shark (8 - 10 minutes)

- Set up a low beam or bench for children to walk across the “water”.
- Place a bucket or hoop on the floor at one end of bench. This is the “shark”.
- Have the children line up and give each child a bean bag as “food”.
- Explain to the children that they will work as a team to feed the shark.
- Demonstrate how to bring food to the shark by crossing the “bridge” (beam).
- *When you reach the end of the bridge, throw your food to the shark (hoop).*
- After throwing their food to the shark, each child returns to the start of bridge and the next child goes.
- Explain that the goal is to get as many pieces of food into the shark’s mouth as possible before time runs out.
- Depending on the number of children in your group, give them 2-3 minutes per round.

TIPS FOR INSTRUCTION

- Keep track of how many pieces of “food” go into the hoop.
- Repeat activity and challenge the children to beat their record.
- Shorten the time limit if you need to increase the challenge.

CUES

- *Arms like wings*
- *Arms straight*
- *Look forward*

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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