

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Tightrope*⁷

Description: Place a rope on the floor to have child walk across the rope without stepping off

Number of participants



<http://carly3.blogspot.com/2013/01/pe-kindergarten-jump-rope-lesson.html>

Skills

Physical: balance while walking along a thin path, upper and lower limb coordination

Cognitive: sustained attention, selective attention

Equipment

- Rope

Goal examples:

- The child is able to walk across the tight rope without stepping off 3 times in a row.
- I can walk along the line.

My personal goal:

Next Check-In Date:

⁷ The Inspired Tree House: <https://theinspiredtreehouse.com/gross-motor-activities-tightrope-walking/>

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Modifications

To make the activity easier	To make the activity harder
Change the task	<ul style="list-style-type: none">• Have the child hold out their arms for balance to decrease physical demand• Have the child walk the rope stepping with heel-toe touching each step to increase physical demand• Have the child walk backwards to increase physical and cognitive demand
Change the environment	<ul style="list-style-type: none">• Have the child hold the coach's hand while walking on the rope to decrease physical demand

⁷ The Inspired Tree House: <https://theinspiredtreehouse.com/gross-motor-activities-tightrope-walking/>