

Name:

Date Assigned:

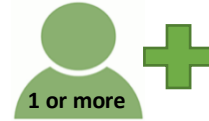


## FUNDAMENTAL MOTOR SKILL: BALANCE

**ACTIVITY:** *Head, shoulders, knees and toes*<sup>1</sup>

**Description:** Sing or say “head, shoulders, knees and toes” while touching each body part.

### Number of participants



### Adaptations for Wheelchair Users:

- Children who are using wheelchairs can also participate by singing along and touching their body parts while sitting in their chair



Adapted from <https://www.youtube.com/watch?v=ZanHgPprl-0>

### Skills

**Physical:** upper and lower limb coordination, reaction time, gross motor skill, balance

**Cognitive:** sustained attention, selective attention

**Social:** awareness of personal space

### Equipment

- None

### Goal examples:

- I will be able to complete the whole song with actions 3 times in a row 2-weeks from today.
- I can complete the actions of the song, along with my friends.

**My personal goal:**

Next Assessment Date:

<sup>1</sup> Super Simple Learning: <https://www.youtube.com/watch?v=ZanHgPprl-0>

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**FUNDAMENTAL MOTOR SKILL: BALANCE**

**ACTIVITY: *Head, shoulders, knees and toes***<sup>1</sup>



Wheelchair friendly?

Yes

**Modifications**

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none"><li>• Have the child complete the activity by themselves to decrease <b>social demand</b></li></ul>	<ul style="list-style-type: none"><li>• Increase the number of times that the child needs to complete the song to increase <b>physical demand</b></li></ul>
Change the task	
	<ul style="list-style-type: none"><li>• Have the child complete the activity as fast as possible to increase <b>physical demand</b></li></ul>

<sup>1</sup> Super Simple Learning: <https://www.youtube.com/watch?v=ZanHgPprl-0>