

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?

Using chalk or tape, mark one line on the ground for each child. Demonstrate the movement activity and then ask children to complete each of the following actions along their line (or balance beam):

- 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, sideways).
- 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.