

Grades K-2

TIGHTROPE TRICKS

Materials: Length of ropes stretched out in a line (or use masking tape), a bean bag, book, apple, or other miscellaneous objects.

- Practice walking heel-to-toe in a straight line on the floor, with arms extended for balance and grace, focusing straight ahead.

- Now walk on the “tightrope” while focusing on your posture and balance.

Making it harder with each round:

- Balance a beanbag or book on your head as you walk.

- Balance an apple or piece of plastic toy fruit on your head as you walk.

- Halfway down the rope, place an object and challenge students to slowly bend and touch or pick up the object and continue to end of line.

- Do the same as above, but with a beanbag, book or paper plate on your head!

- Make a wavy path with the rope and see if you can walk it without losing your balance.