

4. Tightrope Fun

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Main Purpose: Locomotor movement while balancing on a “tightrope” line.

Learning Outcomes:

Musical:

The development of

- Co-ordination through non locomotor and locomotor movements while balancing (PK)
- Singing in tune, with a limited note range (PK)
- Experiment with ways of moving (DI)
- Explore with ways of moving (DI)

Cross-curricular:

The development of

- Balance through adjusting muscle tone and body position (Vestibular Activity)
- Body awareness

Teaching Notes:

Preliminary Activity

1. Mark out some tightrope lines on the carpet using wide masking tape/gaffer tape or similar. Use a tape that can be removed easily without causing any damage. This activity could also be done out in the playground where lines may already be marked on the concrete.
2. Spread the children along the tightrope line so they have a good amount of space to move, without having to wait for those in front. Practise walking heel to toe along the line, 8 steps forward, then 8 steps backward, with their arms out to the sides for balance. If anyone is wobbly with their arms out to the side, try hands on hips.
3. Experiment with other ways of moving along the tightrope: tiptoe forwards and backwards, heel walk forwards and backwards, bend your knees and walk forwards and backwards. The children may suggest other ways to move along the tightrope. Try some different ideas.
4. Try jumping on the tightrope, feet together or one in front of the other, whichever is most comfortable. Lift one leg up and balance on the other. Try hopping, then bend and touch the toes of the foot still on the tightrope. Repeat these actions lifting the other leg and balancing.

