



Tightrope



Equipment Needed:

- ✓ Chalk or painter's tape

TIP: *Don't have the equipment needed to play? Use lines on the ground as your tightrope or use a long piece of string!*

Get Ready!

This activity will help you practice your balance!

Divide players into equal groups (≤ 5 players per group is best to maximize movement time).

Create one 10-foot "tightrope" for each group using chalk or painter's tape.

TIP: For an extra challenge, create more than one tightrope or make the tightrope longer.

Instructions:

1. To begin, each player will go across the rope one at a time, all in the same direction. It's okay if you fall off – get back on the rope and keep moving!
2. Once everyone has crossed to the other side, go back the way you came. Keep going for as long as time allows!
3. Count how many times you can get across the tightrope without falling off.

TIP: To provide an additional challenge, use alternate ways to get across the rope, such as walking backwards, hopping on one foot, or walking heel to toe.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. Today you worked on using your balance to get across the tightrope. What other things do you do during the day where you need to practice balance?
2. What was the hardest way to get across the rope? Why do you think this was the hardest?