The Leaning Body

The Leaning Body fosters balance with movement in children. The activity also helps children to develop agility in movement.

**LEARNING**

- Enhancing balance with movement
- Developing agility

**MATERIALS**

- Open area
- Floor mats (optional)

**STEPS**

1. Have the children stand far enough apart that they can make body movements without touching one another.
2. Have them stand with two feet on the ground and their arms extended over their heads. Tell them to reach for the sky.
3. With their arms over their heads, ask the children to slowly start to move their arms to the left as far as they can with their feet still touching the ground. Then have them try to move their arms to the right and then try to sway back and forward.
4. Next ask children to stand with one foot on the ground and go through the same movements.
5. Have children also try the following:
   - Arms at your side, lift one leg up and try to bend your other leg so your body moves towards the ground.
   - Move two arms and one leg around while standing on just one leg.
   - Try to twist your body while on one or two legs.

**ACCOMMODATIONS**

- ✓ Vary the amount of time children are to cycle through each activity. Younger children should be involved in some movements for less time than older students.
- ✓ Not all of the balancing with movement activities may be appropriate for children with low muscular strength.

**EXTENSIONS**

- ✓ Children could match up with a partner and try to complete some of the same movement activities as a pair.
- ✓ Children could stand on square blocks or curbs to complete some of the activities.