

3+ years

GROSS MOTOR

Walking On The Line

MATERIALS

A line marked on the floor or outdoor surface. It can be meandering and freeform, or created in the shape of an ellipse (see accompanying diagram).

PRESENTATION

Invite the child, or a group of children, to the area in which the line is situated. Explain to them that you would like them to watch what you are going to do. Slowly and carefully, begin to walk on the line. Keep silent while you do so. Gradually invite the children to join you, trying to keep them equidistant from one another if possible.

Exercises:

- As presentation
- Walking with soft, gentle music playing in the background
- Walking while carrying a small object, such as a tray or a jug of water
- Walking while carrying a bell
- Walking while carrying a tray with a ball on it
- Walking while carrying an object balancing on the head eg. basket or book
- Moving on the line while keeping pace with rhythmic music eg. marching, skipping

DIRECT AIM

To walk with confidence on a controlled surface.

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INDIRECT AIM

To develop graceful control of balance, to refine gross motor movements.

CONTROL OF ERROR

- The feet will be visibly on the line (or not)
- Water will spill from a jug/container if balance is not maintained
- A bell will make noise if balance is not maintained
- A ball will roll on a tray if balance is not maintained

POINT OF INTEREST

The child’s self-control.

AGE

From approximately three years.

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