

Balancing in Interesting Shapes

Activity

Resource: Early Learning Resource

Grade(s): Early Learning

Curriculum Expectations

7.1, 8.1, 8.2, 8.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

Activity Learning Goals

By the end of the activity children will be able to:

- participate actively in creative movement activities
- demonstrate spatial awareness
- demonstrate control of large muscles without equipment
- demonstrate balance, whole-body coordination and flexibility in movement

Equipment

- Mats (optional)
- [Early Learning Anecdotal Recording Chart](#)

Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the furniture/walls. Remind children to be cautious when moving, and to be aware of personal space.

Assessment Opportunity

EL-K Team observation of children's demonstrated application of creative movement, active participation, spatial awareness, large muscle control and balance in movement can be recorded on the Anecdotal Recording Chart.

Statues

Children skip in the open space. On the "stop" signal, children "freeze" in interesting shapes. Children hold the shape for a number of seconds. Repeat using a variety of locomotor skills (e.g., hopping, galloping, walking).

Body Part Balance

- Name body parts and challenge children to balance with those parts touching the ground. Choose a number of body parts and challenge children to balance with 1, 2, 3, 4 or 5 body parts touching the ground.
- Encourage children to explore using different body parts when balancing in their own space. Children hold each balance for a count of three before changing their balance. Children attempt to move from one balance to another smoothly in their own space.

Notes to EL-K Team

- Reinforce safety rules such as: move in your own space, move in control, and stop and go signals.
- Encourage children to make high, medium, and low shapes.
- Children can make shapes with a partner.
- Encourage children to count "1-2-3" out loud as they hold their balances.

- Look for smooth transitions from one balance to another.
- Define balance: being still or frozen like a statue.

Connection Questions to Expand and Enhance Play

- Why is it important to move safely in the open space?
- How many different body parts can you balance on?
- How can you move your body from a high balance to a low balance?