Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- Balance Skill Cards (SPARKfamily.org)
- Musical ASAPs #19 and #13
- SPARK EC Music CD and player

Set

- Create activity area.
- Scatter spot markers within area.
- Send children to stand on spot markers.

GO!

1. “Move Like An Animal” (Teach Musical ASAP #19.)
2. Single-Leg Balance Challenges – Can you...
   - Single-Leg Balance: Stand on 1 foot? (Hold single-leg balance for 3 seconds.)
   - Kimbo Stand: Cross one leg over the other and touch that toe to the floor? Stretch your arms out to the side to help you balance? (Show Balance Skill Cards.)
   - Stork Stand: Balance like a bird called a stork? Balance on 1 foot? Put the other foot on the side of your knee? Both arms out to the side? Hold that pose? Try the other leg? (Move to help those in need.)
   - Sideways Balance: Stretch your arms to the side? Lift 1 leg straight out to the side? Hold your pose? Switch legs and try again? Hold it steady?
   - Backward Balance: Stretch your arms to the side? Lift 1 leg backward (leg is parallel to the ground) while you lean forward? Hold your pose? Switch?
   - Forward Balance: Stretch your arms to the side? Raise 1 leg in front of you? Point your toes and hold your pose? Switch?
3. Locomotor Skills and Single-Leg Balance Challenges
   - Let’s play Travel! Go Home! using walking feet. When you are home, do the balance challenge that you hear. Travel! Go Home!
   - Stork stand! Travel! Go home! Kimbo stand! (Once children understand the activity, vary locomotor skills and balances.)
4. “Act Like You Are In A Zoo (Upright)” (Teach Musical ASAP #13.)
5. Wrap It Up
   - On, “Go!” show your favorite balance from today. Go!
   - Will you practice today’s balances at home?
**ADAPTATIONS**

**Limited Space**
* Have children practice balance challenges holding onto their chairs or tables.

**Variation**
* Have children mimic single-leg balances by playing Mirror, Mirror! (Refer to Building Blocks, Lesson 3.)

**Inclusive Strategy**
* Balance may be assisted by an adult and is best when done at the waist from behind. This allows the child to use their eyes and arms to aid balance.

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**OBJECTIVES**

✓ Balancing  
✓ Agility  
✓ Role playing  
✓ Lower body strength

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**YOUR STATE STANDARDS**

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**ACADEMIC**

**Art**
Give children a picture of a stork standing on 1 leg to color or paint.

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**TEACHER TIPS**

- Children may pretend to lose their balance and fall. Suggest holding on to a stable object.  
- Practice balancing with both sides of the body.  
- Use positive and specific praise to encourage effort.

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**NOTES**

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**FAMILY FUN**

**Balancing Act**
Ask your child to teach you forward, backward, and sideways single-leg balances. Walk and then stop to do a single-leg balance.