



# Walk the Line

InterActive4Life

## INTERACTIVITY IN A SNAPSHOT



Draw two lines using chalk or place objects in two lines.



Find the right amount of lean and attempt to walk in a straight line without moving off of the line.



Once you become comfortable with the lean, experiment with fun cooperative variations like push-hands, back-to-back, and walking backwards on the line.

Also try competitive variations where you can try to push each other off the line using different amounts of lean.







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## WARM UP INTERACTIVITIES

### Student Targets



#### Movement Competence

Safely develop and perform stability and locomotor skills in combination while responding to external stimuli (the force of their partner's lean).



#### SEL

Develop self-awareness and healthy relationship skills by analyzing their physical and emotional feelings as well as their partner's while they work cooperatively to move in unison.



#### Relationship

Develop awareness of the appropriate amount of force and timing so that they can maintain a synchronous connection by meeting and matching their partner's amount of lean and movement.



#### Close Proximity

This game can be performed in close contact with someone in their social bubble.



### Activity Overview

This game offers a new spin on a wheelbarrow race as participants attempt to find an optimal lean into their partner that will allow them to move in unison across the finish line before their competitors.



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## WARM UP INTERACTIVITIES

### Getting Started:

With family members or friends who are in your social bubble, find a safe, open space without any obstructions.

- Create a starting line and a finish line on the ground (using cones, chalk or other objects). Create a few straight lines on the ground from the start line to the finish line.
- Find a partner and begin exploring different amounts of leans into each other while connected shoulder-to-shoulder. (The bigger the lean, the more challenging the game).
- Try to see if you can lean into each other and walk straight down one of the lines on the ground.
  - If you are not able to walk in a straight line together, you are not leaning into each other with the same amount of force. What might you do to improve the goal of walking in a line?
- Now find at least one more pair and see which group can walk a straight line from start to finish first.
- Explore other ways you can lean into one another while still moving in a straight line.

### Modifications to the Game:

- **Locomotor movement:** Change the locomotor by exploring different ways of leaning into each other (i.e., back to back, crab walk, walking planks, wheelbarrow).
- **Speed of locomotor movement:** Play with different speeds of movement, start off slow and progressively try to move quicker while still maintaining a reciprocal lean.
- **Use of manipulative:** Add a manipulative that partners can put between them if they prefer not to touch.
- **Communication:** Perform the activity in silence, participants communicate through their movement only.
- **Size of playing area:** Indicate three different race course sizes for easy, moderate and advanced InterActivity.

### Adaptations to Rules of the Game:

- **Cooperative Rally:** See how many times and how many different ways you and your partner can walk a straight line together successfully.
- **Competitive Score:** Score a point if you can cause your partner to step out of the straight line. What strategies, in terms of playing with your degree of lean, help you score?



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## WARM UP INTERACTIVITIES

### InterActive Function2Flow Assessment:

#### **InterActive Function**

(Connecting Postures)

- Where are you distributing your body weight to form an optimal lean into your partner?

#### **InterActive Form**

(Connecting Positions)

- What ways can you modify your lean to match your partner's?

#### **InterActive Feeling**

(Connecting Sensations  
of Timing & Force)

- What feelings of timing and force allow you and your partner to move in a straight line while maintaining a reciprocal lean?

#### **InterActive Flow**

(Connecting Energies)

- What does it feel like when you walk the line successfully with your partner? What helps you maintain this connection from start to finish line?