



# Partner Balance Game

INTERACTIVITY IN A SNAP SHOT



Leaders attempt to balance in various positions while maintaining a synchronous connection with their partner. The leader also tries to knock their partner off balance.



Partners must not only mirror but maintain the same distance between them (i.e., the leader leans inward, the follower leans outward).

Christina falls so Anika scores a point.



## ELEMENTS TO CONSIDER

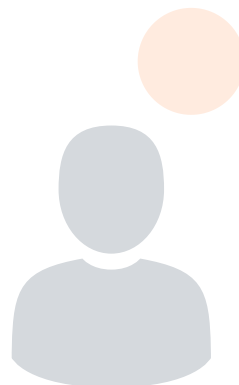


Speed



Space

Adapting and Reacting





# Partner Balance Game

## WARM UP INTERACTIVITIES

### Student Targets



#### Movement Competence

Develop stability and balancing skills through responsive actions, reactions and interactions. Awareness of stabilizing advantage in various postures and positions emerges.



#### SEL

Apply skills that help them to develop positive habits of mind that support positive motivation and perseverance as they explore ways of balancing with a partner in a competitive environment.



#### Relationship

Develop a relational connection with their partner by exploring ways of meeting, matching, contrasting, moving towards and away from them.



#### Physical Distance

This InterActivity can be performed 2 meters away from a partner.



#### Online

This game can be performed online using visual educational technology.



#### Close Proximity

This game can be performed in close contact by having participants connect through joint hands with someone in their social bubble.



[CLICK HERE](#) to watch this InterActivity in action!

### Activity Overview

Students play a game to experience the difference between struggling against and yielding to another's energy by attempting to gently tip each other off balance.



# Partner Balance Game

InterActive4Life

## WARM UP INTERACTIVITIES

### Getting Started:

#### With Sibling, Parent, or Guardian as Partner:

- Partners face each other, join right hands and lunge forward with the right foot (or vice versa).
- The goal of the game is to move the interconnected hand position to destabilize your partner. If your opponent's foot moves out of the lunge position, you have scored a point.
- Remind students to be gentle, and to slowly increase their strength, always careful not to pull or push too forcefully.

#### With Virtual Partner:

- Decide who will be the leader and who will be the follower.
- The leading partner will attempt to balance in various positions that will tip their partner off balance.
- The goal of this game is to score a point by knocking the other player off balance. If the leading partner leans inward towards the screen, sideways, or away from the screen the follower must react and lean in the opposite plane to try to keep the same distance.

**Important Considerations:** Be conscious of age and level abilities as younger students may not be able to execute movements to match pace and effort consistently. Be sure to emphasize safe and subtle ways balance may be manipulated.

### Modifications to the Game:

- **Use of a manipulative:** Add a manipulative the partners must use creatively to balance on or with (online). If students do not want to touch, they can hold a scarf between their hands instead, and pull and tug the scarf to play the game instead.
- **Time:** Set an allotted amount of time that students have to try to tip each other off balance.

### Adaptations to Rules of the Game:

- **Cooperative Rally:** See how many positions you and your virtual partner can balance in together successfully or see how long you and your partner can hold a balance together.
- Partners can play where there is no stated follower or leader. Instead they must make a move when possible and react to each other.



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## WARM UP INTERACTIVITIES

### InterActive Function2Flow Assessment:

<b>InterActive Function</b> (Connecting Postures)	<ul style="list-style-type: none"><li>• Is there an optimal posture that gives you advantage over your partner to prevent you from being tipped off balance?</li></ul>
<b>InterActive Form</b> (Connecting Positions)	<ul style="list-style-type: none"><li>• What postures and positions make you feel more stable and grounded so that your partner can't tip you out of your lunge position (or balanced position virtually)? i.e., weight forward, weight low to the ground, angling or leaning in/away.</li><li>• What subtle gestures indicate that your partner is about to attempt to tip you off balance (i.e., head/shoulders/torso/hip/leg actions)?</li></ul>
<b>InterActive Feeling</b> (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none"><li>• Are you able to get a feeling for the timing and force required to tip your partner off balance (i.e., a quick and powerful versus a slow movement)?</li></ul>
<b>InterActive Flow</b> (Connecting Energies)	<ul style="list-style-type: none"><li>• Are both partners able to act and react in response to unpredictable moments or surprises?</li></ul>