



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?