

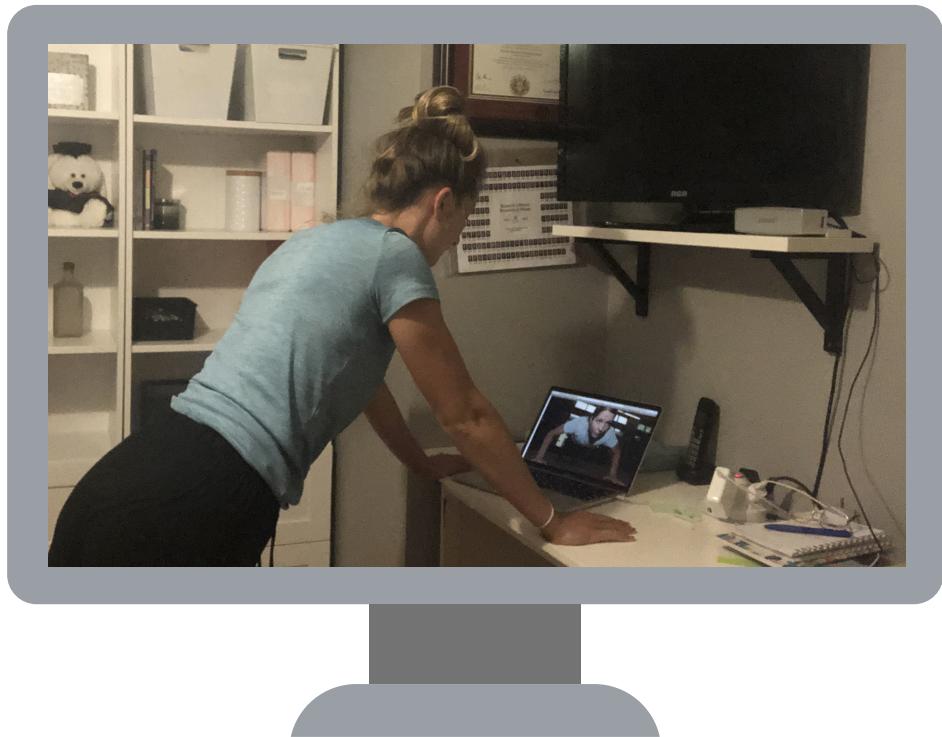
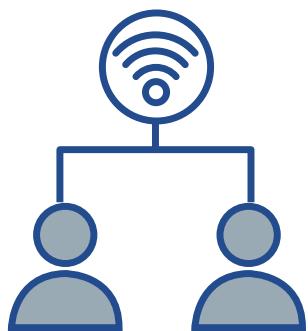


Lean On Me

INTERACTIVITY IN A SNAP SHOT



Virtual Lean





Lean On Me

FITNESS INTERACTIVITIES

InterActive4Life

Student Targets



Movement Competence

Develop stability skill related fitness components in a variety of positions to increase physical literacy by engaging their core muscles and showing awareness of their partners position during the lean.



SEL

Apply skills that help develop habits of mind that support self-awareness, empathy, positive motivation, positive communication and perseverance in order to promote healthy relationships, a sense of optimism and hope.



Relationship

Build relational awareness by matching and contrasting their partners movements with the goal of moving in unison while exploring how to lean into each other to form a balance.



Close Proximity

This game can be performed in close contact by having participants connect with someone in their social bubble through various sections of their bodies.



Online

This game can be played online using visual educational technology.

Activity Overview

Participants will cultivate relational awareness to themselves, others and the world by exploring what it's like to lean in to or draw back from others through balancing their body, and the body of their partner.



Lean On Me

FITNESS INTERACTIVITIES



Getting Started:

With Sibling, Parent, or Guardian as Partner:

- Find a partner. Explore various ways you can lean against each other.

With Virtual Partner:

- Find a partner online and a few stable materials (i.e., wall, table, couch...etc.). Make the camera visible so that both partners can see each other.
- Explore the different ways you and your partner can create different types of leans together.
- Moving at a pace and level of difficulty that is comfortable together.

Modifications to the Game:

- **Use of Manipulative:** Add a manipulative placed in between partners to eliminate the need for touch (i.e., stability ball or noodle).
- **Communication:** Participants may have the option to use visual or verbal cues to help them successfully lean into their partner to form a balance.
- **Optional Progressions (Real-life):** Progress lean by placing shoulders on feet or hips on feet and performing a partner leg press, by leaning to greater depths, by inverting the lean or by creating forward facing leans and posterior facing leans while squatting.
- **Optional Progressions (Virtual):** Progress lean by attempting on one leg, by increasing the depth of lean on the wall or by inverting the trust lean.

Adaptations to Rules of the Game:

- **Cooperative Rally:** How can your leans develop into fluid motions (opposed to static holds) that develop components of health-related fitness?
- **Competitive Score (Real-life):** Lean on Me Race – find another pair, set a start line and finish line. Perform a race where each pair must safely perform alternating trust falls into each other as fast as they can to the finish line.
- **Competitive Score (Online):** See how far forward, backwards or sideways you can lean before having to take a step. How many times you can lean farther than your partner before having to take a step.



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FITNESS INTERACTIVITIES

InterActive4Life

InterActive Function2Flow Assessment:

InterActive Function

(Connecting Postures)

- What body part is leaning in or making contact with a person/object? How is your postural alignment supporting this lean?

InterActive Form

(Connecting Positions)

- What ways can you subtly adjust your torso/shoulder/hip/knee position to sustain this lean?

InterActive Feeling

(Connecting Sensations of Timing & Force)

- What ways are you able to physically communicate with your partner that the lean needs adjusting or that the lean feels good? What helps you physically read and respond to your partner?

InterActive Flow

(Connecting Energies)

- What are the postural/positional/gestural/expressive signs/tells that you are completely balanced and stable with your partner during your lean?