

Lean On Me

FUNCTION2FLOW.CA

Activity Overview

Partners attempt to balance in various positions while maintaining a connection with a chosen body part, i.e., hands, shoulders, back-to-back, etc.

Lean on me... to
get strong...



Physical Literacy Targets



Movement Competence & Confidence

Develop stability skills in a variety of positions by engaging with others.



Social Emotional Learning

Learn to balance in ways that develop self & other awareness and are sensitive to expressed and felt emotions.



Relational Motivation

Build relational awareness through creative balance exploration with openness & curiosity.



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 are encouraged to pay attention to visual and kinaesthetic cues to help them successfully lean into their partner to form a balance.
- **Optional Progressions:** adjusting relational distance, adjusting width of position (wide is easier, narrow is harder, one leg is hardest), adjusting depth of position (squatting-low vs standing tall).
- **Cooperative balance game:** How many partner lean positions can you do in a row? Can you link three or more positions into a fluid sequence of motions?
- **Competitive balance game:** See how far forward, backwards or sideways you can lean before having to take a step. Can you lean farther than your partner before having to take a step?

InterActive Function2Flow Assessment

<p>InterActive Function (Connecting Postures)</p>	<p>What body part is leaning in or making contact with a person/object? How is your postural alignment supporting this lean?</p>
<p>InterActive Form (Connecting Positions)</p>	<p>What ways can you subtly adjust your torso/shoulder/hip/knee position to sustain this lean?</p>
<p>InterActive Feeling (Connecting Sensations of Timing & Force)</p>	<p>What ways are you able to physically communicate with your partner that the lean needs adjusting or feels good? What helps you physically read and respond to your partner?</p>
<p>InterActive Flow (Connecting Energies)</p>	<p>What are the postural/positional/gestural/expressive signs/tells that you are balanced and stable with your partner during your lean?</p>