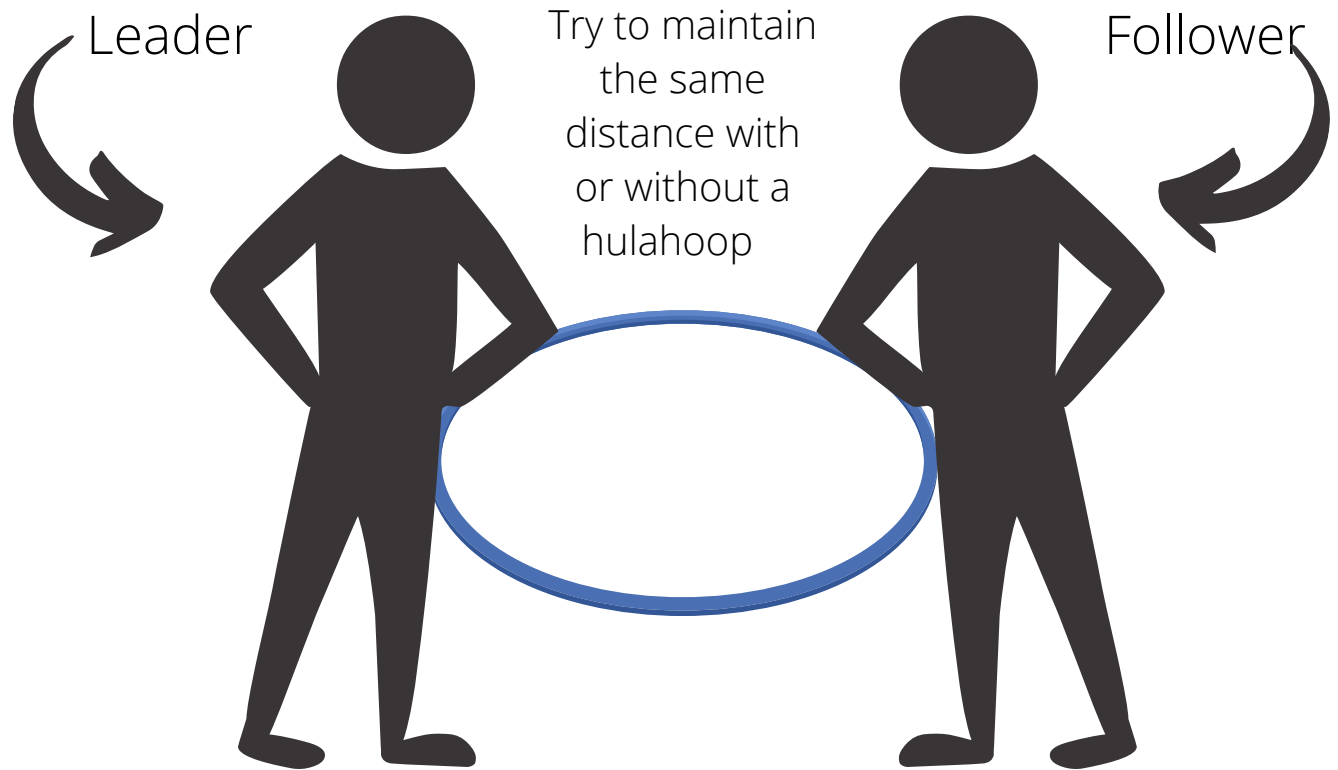


Leaning In – Mirror Walk

FUNCTION2FLOW.CA



Do you lean into life's present moments,
or do you back away from them?



Physical Literacy Targets



Movement Competence

Develop and perform stability and locomotor skills while responding to a partner's lean.



Social Emotional Learning

Develop self-awareness, empathy and communication with others.



Relationship

Develop interpersonal connection through space by responding to a partner's lean and locomotion.

Getting Started:

- Find a partner and decide who is Partner A and Partner B.
- Balance a hula-hoop (or a similar object such as a stability ball) between your torsos (just under the chest).
- When ready, invite Partner A to lead Partner B around the designated area in slow, controlled steps. Partner B is to maintain the ideal tension on the hula-hoop (i.e., not back away) and walk in mirrored synchronicity.
- Invite Partner A to gradually change the pace, distance and/or direction in small increments.
- Invite the partners to maintain the connection without the hula-hoop.

Modifications to the Game:

- **Size/ Use of manipulative:** The size and type of manipulative can be changed to emphasize the proximal feeling of interpersonal connection through space.
- **Locomotor movement:** Partners can explore different locomotive movements while maintaining connection (i.e., lunges, squats, karaoke...etc).
- **Competitive Score within larger group:** Join up with a few other pairs. Set up an area with a start and finish line. Race to see which pair can successfully walk across the finish line while keeping their hula hoop off the ground. If the hoop drops, the partners restart.
- **Cooperative Rally:** See how many different positions you and your partner can move around the space in while maintaining tension on the hula hoop (i.e., back-to-back, side-to-side, front-to-back...etc.).

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Partner A, where are you distributing your body weight to lead partner B around the room? Partner B, where are you distributing your body weight to create tension on the hula hoop?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• What ways can you modify your lean to maintain tension on the hula hoop?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• What variations in time (i.e., faster, slower, sudden stops, steady steps) or force (i.e., leaning in a lot or a little) help you move around the space while cooperatively keeping the hula hoop up or competitively making it fall?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• What does it feel like when you and your partner move in unison while keeping tension on the hula hoop between you? What helps you maintain this connection?