

GOALS: The Line

Gross Motor Skills
 Coordination
 Dynamic Balance
 Listening Skills
 Proprioception

Skill Development	Instructions	Exercise
<ul style="list-style-type: none"> • Walking either side of the Line. • Walking on the Line. • Proprioception of Feet: toes and heels • Balance and Coordination • Listening Skills: Following Directions 	<p>Start in the BOX.</p> <p>Use the Centre Line to guide you.</p> <p>Keep your hands relaxed by your side.</p> <p>If you struggle with balancing, use your hands out to the sides.</p>	<p><u>Walking either side of the Line:</u></p> <ul style="list-style-type: none"> • Place your feet either side of the black line. • Do not touch the black line. • Walk forwards at a relaxed pace. • Walk from the bottom to the top of the mat. • Walk backwards to the bottom of the mat. <p><u>Walk on the Line:</u></p> <ul style="list-style-type: none"> • Stand on your tippy toes. • Imagine it is a tight rope. Don't fall off the rope! • Walk from the bottom to the top of the mat. • Walk backwards to the bottom of the mat.
<p>Feedback/Notes</p>		<p><u>Walk on the Line:</u></p> <ul style="list-style-type: none"> • Stand on your heels. • Imagine it is a tight rope. Don't fall off the rope! • Walk from the bottom to the top of the mat. • Walk backwards to the bottom of the mat.