

Objective

To work on stability skills, such as, stretching and balancing in order to improve flexibility.

Description

1. Create cards with different stretches on them either with pictures or words, such as, one leg balance, v-sit, tree balance, airplane balance, and low squat balance. Choose 4-5 taggers to hold onto the cards.
2. On the signal to go, participants move around the activity area using a pre-determined locomotor skill, such as, marching, bear crawling, or side-shuffling.
3. If tagged, they take the card from the tagger, perform the stretch shown on the card for 10 seconds, then become a new tagger. For sample stretch cards, visit www.playeducation.ca/resources.

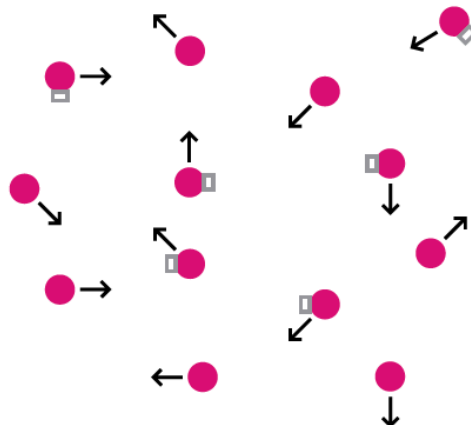
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Equipment

- 5-10 cards with stretches (with images or text)

Tune Suggestion

- *Waiting on the World to Change*
by John Mayer



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