

## In or Out

### LEARNING TARGETS

- ✓ I will maintain my balance using large muscle movements and a variety of body parts as my base.
- ✓ I will try different strategies to complete the tasks.

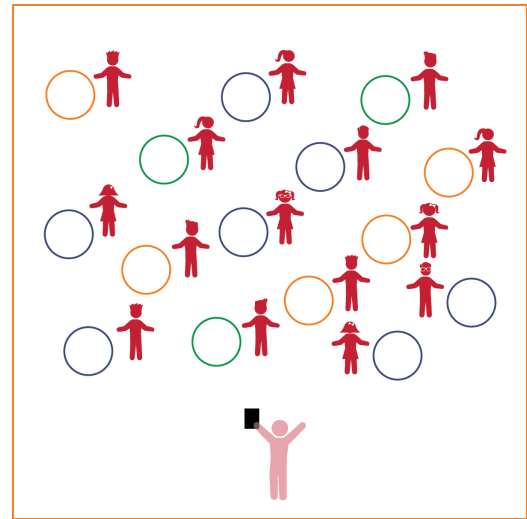
### ACTIVITY SET-UP & PROCEDURE

#### Things You Need:

- ✓ 1 hoop per student
- ✓ Cones to create boundaries

#### Set-Up:

1. Scatter students in general space, each student with a hoop.
2. Students place their hoops on the floor at their feet. They begin standing beside their hoops.
3. Be sure spacing between students is safe for activity.



#### Activity Procedures:

1. The purpose of this activity is to allow students to experiment with their balance using a variety of body parts.
2. Today we're going to play a game called *In or Out*. Before we start, look around and take note of your personal space.
3. Ask students to balance in a straddle in/out position. Then ask them to balance in a straddle scissor position.
4. Prompt students to touch 2 body parts inside the hoop. Recognize the variety of ways students have successfully completed this task. Then prompt them to touch 3, 4, and 5 body parts inside the hoop.
5. Next, ask students to touch a certain number of body parts inside the hoop and a certain number outside the hoop.
6. Finally, give students the chance to create their own balance poses and tell the teacher how many body parts are touching inside and outside the hoop.

#### Universal Design Modifications:

- Play Bean Bag Body Part, but instead of using bean bags, use hoops.
- Begin by using the biggest parts of the body, such as the head, arm, leg, bottom, etc.

### DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Cognitive Self-Regulation:** Demonstrates flexibility in thinking and behavior.